

DR.OZ

A NEW MAGAZINE

THE GOOD LIFE

APRIL 2015

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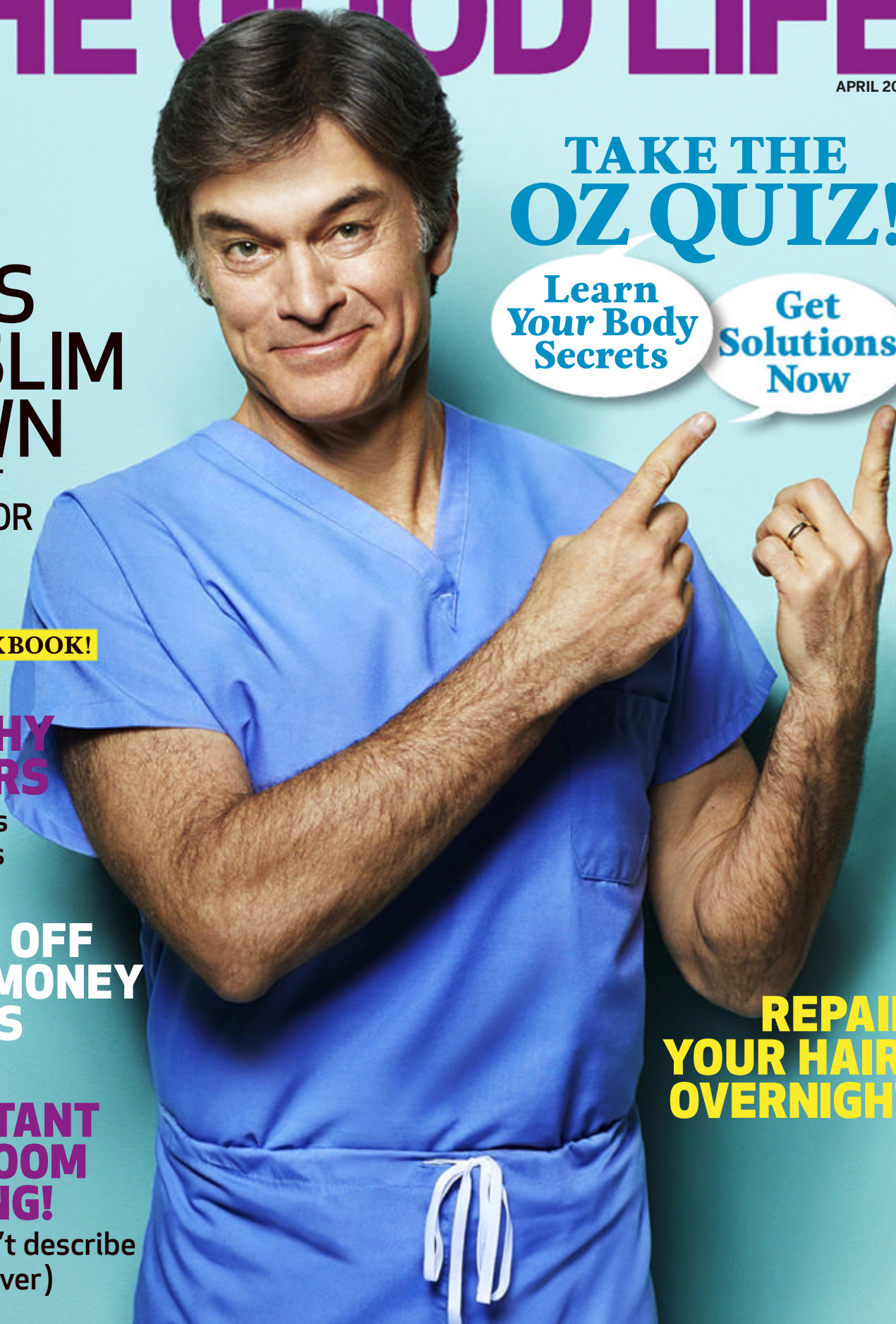
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**BEYOND
THE
NUMBERS**

During the 15-minute physicals I do around the country, I love helping people see that tests aren't report cards as much as they're opportunities for change.



Dr. Oz From the Heart

The Single Question that Can Change Your Health: “Why?”

IN MANY WAYS, doctors are detectives. We spend our lives piecing together all kinds of clues—blood tests, scans, ambiguous symptoms—to determine where your health is headed and solve your medical mysteries.

But let's face it: Even a thorough doctor's visit and a panel of tests can't peek into every nook and cranny of how you live your life. That's *your* area of expertise. You know whether you're sneaking more M&M's than you meant to at night or if you keep putting off exercise until tomorrow or next week. There are questions only you

can answer and body info only you can access, which is why we're bringing you the set of revealing self-tests that start on page 34.

Don't just read them. Grab your pencil and hop out of your chair to do our fun and provocative evaluations. Some will uncover what you're doing right—what could be more inspiring than that? Others may show you where your habits undermine your health, which can help you course-correct long before consequences show up at the doctor's office.

Don't be afraid of getting a not-so-hot result on a few of our quizzes. They'll lead you to another question, possibly the most important one of all: **Why?**

I ask this of my patients as often as I can, and it's one of the best conversations we have. I help them figure out why they ended up in the position they're in now—at my office, usually pretty scared about facing heart surgery.

Most people, I've found, tend to reach for the surface-level answer rather than the real one. For example, if I ask a surgery patient why she needs a procedure, she might say, "Bad cholesterol."

That may be the laboratory reason, but it's often not the everyday-life reason. So we dig a little deeper: "Why do you have bad cholesterol?" If she says, "Too much of the wrong foods, maybe," I'll ask again: "Why so much?" Eventually, we get to the bottom of it. For instance, reaching for the potato chips may have become her way to crunch through stress, frustration, exhaustion.

When you zero in on what's really happening, you can find solutions. If, for instance, you can't change the pressure you're under, you can at least go to a different food, like edamame with sea salt or air-popped popcorn with a sprinkle of nutritional yeast (it tastes cheesy and it's healthy).

Or, if your answer is "I'm too tired," you might ask, "Why am I getting so little sleep—which keeps me from exercising so my blood pressure stays down?" If it's because you have too much to do, then talk to your family about helping you free up 30 or more minutes every day to devote to being active. You could find yourself with better blood pressure and a lower heart disease risk, all because you posed that basic question, *Why?*

This month, don't rely on your doctor to do all the detective work. Probe, search, get curious, and definitely have fun with our self-tests. Then let the results direct you to your healthiest life.




Mehmet Oz, M.D.

There's nothing quite like seeing positive changes pay off.

Dr. Oz's

Fridge List

5 tips to get yours shipshape.

1 Take its temp.

Help keep your food safe by making sure your fridge's temperature is always 40 °F or below (the freezer should be at 0 °F). Buy a thermometer for each—about \$5 at Home Depot—and check them regularly.

2 Put healthy stuff up front.

You're *three times* as likely to chow down on the first thing you see, research shows, so put fruits and veggies front and center and stash less healthy treats out of sight.

3 Check expiration dates.

Even products in bottles and jars—like condiments, jams, and dressings—expire eventually, so remember to keep an eye on those dates after opening them. (And toss anything that's moldy or stinky, of course!)

4 Stock your freezer.

Save energy (and money!) by keeping it at least three-quarters full of food. That helps it stay cold.

5 Take these foods out:

Herbs, coffee, and garlic; uncut tomatoes, squash, melon, and avocados (they're better at room temperature).

And put these in: Dried fruit, tortillas, ripe bananas, nuts, ketchup, and maple syrup (they'll stay fresh longer).

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DR. OZ THE GOOD LIFE

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Do You Really Get Enough Veggies? Take this Oz quiz, and more

COVER CREDITS Dr. Oz photographed by Matt Jones in New York City. Styling by Kemal + Karla at the Wall Group. Grooming by Jane Choi for La Mer and Bumble and Bumble at Stockland Martel

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Your Smart Ideas

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TEA'S NEWEST TRICK

"After dental surgery, a gauze compress didn't stop my bleeding. My dentist gave me a great tip: Dampen a black-tea bag and press it against the bleeding gum for 15 minutes. The tannic acid in the tea constricts the blood vessels and forms a clot. It worked!"

—Louise Kramer

FIND A CLASS YOU LOVE

"After getting the feel-good results as a Jazzercise student, I decided to step up my game and teach this fun class to others. People of any fitness level can join in, and we finish class sweaty and smiling, ready to do it again the next day."

—Deborah Corsi

FINGER-FOOD FIX

"Before a big dinner, I set out veggies and dip or hummus. Family members can cruise by and grab a healthy bite or two while waiting for supper."

—Judy Knicely

LET IT GO

"I forgive people quickly—that way conflict doesn't bring me down or stress me out. Life's too short not to let things roll off your back."

—Jennifer Fredrickson

LEASH UP

"My advice: Get a dog—a big, active one. Mine gets me out power walking the neighborhood year-round. I've discovered how truly therapeutic these walks have become for my body, mind, and soul."

—Tess McPhee

BE A SALAD ADDICT

"Every day for lunch, I have organic mixed greens with chopped mushrooms, half an avocado, some kind of protein (a hard-boiled egg, turkey, or chicken), and organic pomegranate dressing. I never get sick of the combo, and I like that I'm eating less than 500 calories. It also keeps the digestive system moving nicely!"

—Angela Marie

THE POWER OF YOU TIME

"I take an hour a day for myself—usually outside, doing 'moving meditation'—no matter what the weather is!" —Bridget Whelan

Editors' note: You can turn many forms of exercise (walking, tai chi, yoga, running, dancing) into a meditative practice by bringing your attention to the present moment and focusing only on your breathing and movements rather than on passing thoughts.

Send us your smart ideas at Tips@DoctorOzMag.com. Submissions may be edited for length and clarity.



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Mehmet Oz, M.D.



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ASK DR. OZ ANYTHING

YOUR BURNING QUESTIONS ANSWERED!

Q Is the New Nordic Diet really so great? And does it involve herring?

OZ SAYS This trendy eating plan is, in fact, pretty terrific. The Nordic approach isn't too different from the proven-healthy Mediterranean diet—both emphasize whole grains, fruits, vegetables, healthy oils, nuts, seeds, and seafood. So it's not surprising that the Nordic diet can improve cholesterol, help with weight loss, and maybe increase your life span.

HOW TO EAT NORDIC

Shop the farmers market. The point isn't to try to track down lingonberries (good luck), it's to eat what's grown near you. "The longer something has to travel from farm to plate, the more time it has to lose nutrients," says Kristin Kirkpatrick, R.D., of the Cleveland Clinic Wellness Institute.

Fill up on fish. It doesn't have to be herring, although that's a really good option. Any fatty fish will do, like salmon, trout, or tuna (go easy on canned light and albacore if you're worried about mercury).

Consider canola oil. That's what the Nordic diet calls for, rather than olive oil. Reach for the one you like; both have been shown to lower LDL ("bad" cholesterol) when swapped for saturated fats like butter.

Avoid the junky stuff. "The basic structure of the Nordic diet is similar to other good, sound, healthy eating plans—there are no processed foods, refined grains, or added sugars," says Kirkpatrick. No real magic, just real food.



Not all of these glasses nix 100% of blue light, and you can't always tell how much a specific pair will block.

Q

CAN "BLUE BLOCKER" GLASSES REALLY CANCEL THE LIGHT FROM ELECTRONICS THAT MAKES IT HARD TO FALL ASLEEP?

OZ SAYS You're right, potent blue light emitted from electronic screens and some lightbulbs is a snooze-crusher—it suppresses melatonin, the hormone at the control switch of our sleep and wake cycles. The more of the light you get around bedtime, the more you interfere with those cycles, and the lower your sleep quality could be. So "blue blocker" glasses seem smart. The trouble: "There hasn't been enough research to say for certain they'll help you sleep better," says James Phelps, M.D., who researches light's effects on sleep. For now, try these tips.

The best thing Avoid screens for at least an hour before bed (good for your stress level, too).

Next best Keep screens at least 14 inches away from your face (not so easy with a smartphone, we'll warn you) and turn down the brightness.

Might work Try reversing the type on your e-reader so you're reading white type on a black background instead of black on white.

TRY IT OR SKIP IT

The "barre" workout craze

THE CLAIM To get sleek and strong, do the types of exercises dancers do at a ballet barre—lots of pliés and different leg lifts—with a few movements from yoga and Pilates in there too.

OZ SAYS If you shy away from lifting weights, barre could be for you. Some research has found that a barre-type approach, with high repetitions of movements but little or no weights, builds the kind of healthy muscles that stave off aging and help you maintain your weight. Around 700 barre studios have sprung up in the U.S., but you can also try this trend in your living room. Several of the most popular brands, including Barre3, Pure Barre, the Dailey Method, and Xtend Barre, offer DVDs (about \$10 to \$30), streaming workouts (about \$15 a month), and/or apps (free to \$5).

Q

CAN A 120-LB PERSON TAKE THE SAME MULTIVITAMIN DOSAGE AS, SAY, SOMEONE WHO WEIGHS 165?

Yes



OZ SAYS

It's fine to take the same multi as a different-size friend. The numbers listed on labels (Daily Values) account for the needs of about 97% of healthy people. "Overall, your gender and stage of life affect vitamin and mineral requirements more than body weight," says nutrition scientist Paul R. Thomas, R.D.N. So what's more important is to choose a multi made for women in your age group.



Superhot?
You might feel extra toasty during the two weeks before your period.

Always cold?
Recalling nostalgic moments could help you shake the chill, research shows.



Q

WHAT'S WRONG WITH WALKING ON A FLAT TREADMILL? EVERYONE SAYS YOU NEED A LITTLE INCLINE.

OZ SAYS

In this case, “everyone” is right. An incline, even a 1% to 2% grade, is much kinder to your knees and ankles than a flat surface, says exercise scientist Ray Moss, Ph.D., at Furman University. On a hill, your knee is a little more bent when your foot hits the ground. In that position, the big muscles of your hips and thighs have to get in on the act. They absorb more force, instead of leaving that job to your joints. It won't injure you to work out on a flat surface, but if a grade can help save your knees and ankles, why not take that simple step?

Q

WHY DO SOME PEOPLE ALWAYS FEEL COLD AND OTHERS ARE ALWAYS HOT?

OZ SAYS Our perception of cool and warm comes from sensors in the skin. Plenty of factors contribute to your skin's temperature, including your hormones, thyroid function (you might feel colder if it's sluggish), muscles (more help you feel warmer), and metabolism (faster can make you feel hotter). In general, women's skin tends to be cooler because they have more fat beneath it than men do. Acting like a thermos, that fat insulates the core and limits the amount of heat being conducted to sensors in the skin and to the extremities, so women feel chillier, says H. Craig Heller, Ph.D., a body temperature researcher and professor of biology at Stanford University. One often-cited study from *The Lancet* found that women's hands were about 3 degrees cooler than men's, even though their core temperatures were about half a degree warmer.



Q

What shampoo should you use to get rid of your dandruff but not your nice highlights?

OZ SAYS Many shampoos contain certain sulfates (sodium laurel and sodium laureth) that can sap your color. The dandruff fighters coal tar and selenium sulfide can make that problem worse, says Ellen Gendler, M.D., clinical associate professor of dermatology at NYU Langone Medical Center. She recommends shampoos without those sulfates and with any of the following color-safe, flake-fighting ingredients: tea tree oil, zinc pyrithione, salicylic acid, or ketoconazole. Try Avalon Organics Anti-Dandruff Shampoo (\$11, avalonorganics.com) or Mineral Fusion Anti-Dandruff Mineral Shampoo (\$10, dermstore.com).

Q THE MEASLES OUTBREAK—SCARY! HOW DO YOU KNOW, AS AN ADULT, IF YOU GOT ALL THE RIGHT SHOTS IN CHILDHOOD?

OZ SAYS You're not alone in being unsure. When I went back to check, I couldn't find my records. You can get a blood test to see if you're immune—if you're not, you'll have to go to the doctor again to get the vaccine. So you might want to skip that step and just go ahead and get immunized. Adults usually need only one dose (kids get two). Talk to your doc if you were born before 1957: This group is generally considered immune, but you can get the shot if it makes you feel safer.

☐ TRY IT ☒ SKIP IT

Extreme Callus Removal

THE CLAIM Wrap your feet in booties treated with an acid-filled gel, wait an hour, then shower off. Three to seven days later, calluses and dry skin start peeling away, like layers on an onion. Within two weeks, foot skin is fresh and soft.

OZ SAYS There are less messy ways to ditch calluses. These trendy masks are loaded with compounds that slough off dead skin—including glycolic or lactic acids—and the single-use booties help the ingredients penetrate deeply. But the peeling continues for up to two weeks, and it comes off in sheets. Heaps of dead skin probably aren't what you want at the foot of your bed. Plus, if you leave the mask on longer than recommended, it can cause burns, says Carlos A. Charles, M.D., a clinical instructor of dermatology at Weill Cornell Medical College. You really don't need to go so deep—using a pumice stone daily works just fine.



→
Your feet will peel like this with the new gel masks. Not pretty.



A few microbes here can turn into *billions* within a week.

A quick rinse won't wipe out the bacteria.

You need a new sponge every month, at least.

Q

Can a grungy kitchen sponge make you sick?

OZ SAYS More bad bacteria live in there than in almost any other object in your home. Household hygiene specialist Charles Gerba, Ph.D., of the University of Arizona explains: Suppose you wipe up some raw meat juices. Even if you rinse the sponge, bacteria stick around and multiply fast. Those aren't just any bacteria; about half of people's sponges that were tested held strains like the food-poisoning culprits *E. coli* and salmonella. How likely is this to make you sick? Gerba believes that many cases of diarrhea or stomach upset can be traced to sponges. Keep them clean by placing them in your dishwasher once a week or zapping (damp) in the microwave for 60 seconds every day. If they smell "off," toss them, pronto.

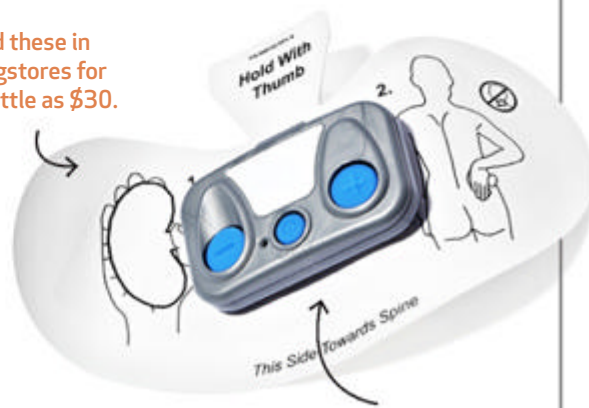
☒ TRY IT OR ☐ SKIP IT

Electric Pain Relievers

THE CLAIM A low-voltage electric current applied to the skin from a small device can treat pain associated with arthritis, bursitis, migraines, tendonitis, and more, without the need for pills.

OZ SAYS When I hurt my shoulder wrestling with my son, I not only learned the power of a boy who had grown larger than his father but also found that these TENS (transcutaneous electrical nerve stimulation) devices can be effective. The units are basically mini versions of the ones physical therapists have been using for years, according to the American Physical Therapy Association. They may block signals so excited nerves won't transmit aches, or may help your body make feel-good chemicals that cancel the "ouch" signals.

Find these in drugstores for as little as \$30.



Just hold this gizmo over the area that hurts.

OPEN WIDE

Your Mouth,
not your pocketbook.

Ever find yourself in lunchmeat limbo thinking, "do I get the meat with ingredients I can't even pronounce, or the super expensive, fancy 'hey, look at me' stuff."

It's either affordable or natural. Guess what: you can have both. Have more, not less! Stack it high to the sky! Now that you know, it's easy to



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NATURAL CHOICE.com



HEALTHY BODY

Just Do It. Together.

Slogging through a workout solo? Time to change that. We've got 10 new and nifty ways to be active and social, simultaneously.

BY LAMBETH HOCHWALD



FOR CAROL, RUNNING WITH HER POSSE IS LIKE THERAPY.

"My running buddies are my best friends!"

—CAROL FRAZEY, 45, BELLINGHAM, WA

"When I moved to Washington, I was eight months pregnant and barely knew anyone. I needed friends, so I started inviting people to join me on my Sunday runs. Then someone would invite a friend, and we kept growing. Now we're about 40-strong. We've done 'fun runs' and we talk about everything from toddlers to aging parents. When you're sweating and smelly, it's hard to act like you've got it all together! These are the women I can call at 2 a.m., who planted flowers in my front yard during hard times when all I could do was cry, and who threw me a chocolate egg party before my surgery to have an ovary removed! I'd never give up our time together on the trail!"

3 CAN'T MISS FUN RUNS

These popular races dial down the competition in favor of smiles, group photos, and great memories.

The Color Run: Racers are showered with colored powder; you'll look like a human rainbow at the end.

Electric Run: This neon-hued course spills out onto a gigantic dance floor.

Bubble Run: Expect lots of colored-suds machines and cannon-launched foam.

"I show up for my classmates!"

—ERICA WIDES, 47, BROOKLYN, NY

"One night a week I work out with 15 to 20 other people from my synchronized swim class. I've done lap swimming in the past, but I stick with these classes because I love being part of a group. We're all important: If your body serves as the point of a star and you miss practice, goodbye perfect star! Sure, we chat while treading water, but there's something really bonding about synchronized swimming itself: We hang out in and out of the pool. We often celebrate our birthdays together, and I've met so many interesting women ranging from their late twenties to their late sixties. They keep me going. When I leave my home on a dark, cold, snowy night for practice, I do it because everyone is counting on me."



MORE WAYS TO TEAM UP

OK, not everyone is an Esther Williams, but Erica is onto something: You're more likely to show up at your workout session if you don't want to let others down. So consider other-people-are-counting-on-me activities such as tennis, salsa dancing, or team sports like volleyball. Or try this trick: Switch gym bags with a friend so you bring her stuff and she brings yours. Then you'll have to show or she'll be stranded with no sneaks.



↑ THIS WOULDN'T
WORK WITHOUT
ERICA!



TASHA,
LEFT, WITH
CRYSTAL



"My Fitbit reconnected me to a favorite friend."

—TASHA KORNEGAY, 41, APEX, NC

"Last year my best friend from college, Crystal, surprised me with a Fitbit after I told her I thought it might help me lose weight. But I soon realized it recorded the number of daily steps I took and that if I didn't use it, Crystal would see on the app that I was slacking! That was motivation enough, but I also compete with Crystal's group of friends who use the wristband—we each try to take the most steps during the weekend. I average 24,000 a day now (up from 10,000) mostly because I have a competitive side. One time I was losing to a girl in Maryland, so I ran all through my house to get my numbers up! When my Fitbit friends noticed, they started exercising too (for the record, I won). I've lost some weight, but the best part is that Crystal and I are closer. We send each other messages through our apps three times a week—pre-Fitbit we only talked twice a year!"

TRACKERS THAT BRING PEOPLE TOGETHER

Fitbit Charge (\$130) The smartphone app that goes with this wristband allows you to invite up to 10 friends and family members to participate in competitions like (one of Tasha's faves) the "Weekend Warrior" race.

Pivotal Tracker 1 (\$12, yearly subscription for the wristband and Pivotal Living app) Since it's much less expensive than most brands, you can buy it for a few friends and family members and interact with Pivotal's community on the app too.



OK, SHE'S THE
PUBLISHER
OF DR. OZ THE
GOOD LIFE!



"I started a walking book club."

—KRISTINE WELKER, 47, EDGEMONT, NY

"My friends and I were lamenting about how we always got together over food or drink, so when I floated the idea of creating a walking book club, they all jumped on it. Every other Monday, rain or shine, we walk for an hour. We told ourselves that for the first half of the walk, we'd talk only about the book and save chatting about life, relationships, and kids for the second half. But the books have been so compelling that we often discuss them for the whole walk. Recently, we've read *What Alice Forgot* and *Swimming at Night*. They kicked off some really open conversations. The book club has morphed into something far more special than any of us ever imagined."

3 MORE WALKING GROUPS TO START

Try these ideas from Michele Stanten, an ACE-certified group fitness instructor and author of *Walk Off Weight*:

Progressive Dinners: Instead of staying planted in one place, pick one restaurant for appetizers and another for your main course. Add in the trek back to your car at the end of the evening and you'll burn off dessert.

Walking Meetings: Studies show that walking can boost creativity. Take your phone to jot notes or record important parts as you go.

Walking School Bus: A few adults walk along a scheduled route, picking up kids and chaperoning them to school. Find tips at saferoutesinfo.org.



DR. OZ ON GROUP EXERCISE

My friends and I play basketball and tennis, and we've always pushed each other to perform at the highest level. But these days, we're proud just to show up on time!

"Our family works out for a cause."

—MELISSA GILLESPIE, 42, OCEANSIDE, CA

"I've always been passionate about giving back, but when I downloaded Charity Miles, a free app that donates money for every mile you walk, cycle, or run, I knew I'd found a way to share that energy with my two sons. Now my eldest, Connor, 14, walks with me and loves seeing his donations go to the American Society for the Prevention of Cruelty to Animals. The app even tells us how many vaccinations we've 'earned' for a puppy or kitten. Our family used to bond by watching movies or playing board games. Now we walk and hike on the weekends. We're hoping to reach 2,015 miles in 2015."

FITNESS FOR CHARITY

There are plenty of charity-affiliated apps out there (like *Budge*, *SworKit*, and *Run4Good*—all free). You can also search for charity walks, runs, and bike rides at active.com.



LEFT: SPENCER HEYFRON/ALL OTHER COURTESY OF SUBJECTS. PREVIOUS PAGE: PHOTOGRAPHED ON LOCATION AT THE DODGE YMCA, BROOKLYN, NEW YORK. DR. OZ: ANDREW ECCLES



Noelle is wearing Depend® Silhouette®

WOULD YOU FOR A GOOD CAUSE? DROP YOUR PANTS*

Drop Your Pants for Underwareness®, a cause to support the over 65 million people who may need a different kind of underwear. Show them they're not alone and show off a pair of Depend. \$3 million will be donated over three years to support research and education.



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UNDERWARENESS.COM

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Your Complete Guide to Going *No. 2*

Because understanding the ins and, yes, the outs of your body is essential for good health.

As the famous children's book puts it, *Everyone Poops*, but for many of us, that's not the end of the story. Nearly 15% of Americans now have irritable bowel syndrome (mostly undiagnosed), and about one in five of us deals with chronic constipation. Women are about twice as likely to suffer from either of these conditions as men are. We all poop, but not always easily, or healthily.

"We're a society whose diet is getting worse," says Gerard Mullin, M.D., a gastroenterologist and director of Integrative GI Nutrition Services at the Johns Hopkins University School of Medicine. Between that and today's off-the-charts stress levels, a factor that also affects your gut, many people are either backed up or rushing for the restroom.

So let's not dissolve into giggles or run away from the subject. Instead, recognize that food needs to move through you to deliver the nutrients that keep your body humming along. And consult our all-purpose, highly informative guide to pooping (with surprisingly attractive visuals!).

BY **SUNNY SEA GOLD**
PHOTOGRAPHED BY **JUSTIN FANTL**



The gastrointestinal (GI) tract: your body's internal cleaning service.

Admit it, you've always wondered...

Why is it so hard to go when you're on vacation?

"The day and night cycle is super-important to our bodies. The colon is dormant most of the night, then within minutes of your waking up in the morning, activity there spikes," says Anish Sheth, M.D., a gastroenterologist in Princeton, NJ. "If you're vacationing in a different time zone, your regular sleep cycle changes and you can lose your normal reflex to go." There may also be some level of "poop shyness," says Nick Haslam, Ph.D., a social psychologist and professor at the University of Melbourne. "When you're in an unfamiliar environment, there's less comfort and more anxiety about it."

Is fiber really that important?

Yes. The reason it comes up in every conversation about your gut is that it's absolutely crucial to a smoothly functioning digestive process, say experts. Fiber absorbs water into the stool, helping to move it through your system easily; it also feeds healthy bacteria in your gut, says Mullin, author of the forthcoming book *The Gut Balance Revolution*. But chances are you don't get enough of the nutrient; the average American woman eats only about 15 of the 25 grams of fiber she needs each day. See the next page for easy ways to meet your quota.

Does poop size matter?

Yes, but not as much as shape and consistency. (Turn the page to learn more about the shape of what you see in the bowl.) If you're regularly clogging the toilet, it could be what you're eating. Loading up on fiber (as we've said, generally a good thing) can lead

to larger, bulky, but soft poop, says Felice Schnoll-Sussman, M.D., director of the Jay Monahan Center for Gastrointestinal Health in New York City. If you don't drink enough water, your stool may be hard and dry and more difficult to flush.

Does stress make you poop more or less?

Both. Your body's fight-or-flight response that gets activated in stressful moments slows digestion, meaning food takes longer to move through your gut, increasing the risk of constipation. At the same time, stress can rev up the contractions in the colon that will likely induce diarrhea. So at different tense times in your life, you may experience one or the other.

Are all the "flushable" wet wipes people use clogging up the country's pipes?

Oh, yes. According to experiments by *Consumer Reports* laboratories, some brands of "flushable" wipes can break down in water—but it takes hours longer than toilet paper, which dissolves almost instantly. Other

wipes don't fall apart at all. In fact, wastewater treatment officials from New York, Oregon, Minnesota, and other states have reported that huge blobs of clothlike fiber now regularly have to be pulled from the pumps and pipes of their sewage systems, at a taxpayer cost of millions. Can't live without that "clean" feeling? Put wipes in the trash, not the toilet.

Are some people just "better" poopers than others?

Probably. One reason? There may be an inherited component to some gut issues. Irritable bowel syndrome, for example, may run in families, says Elena Nascimbeni Ferran, M.D., a gastroenterologist at NYU Langone Medical Center in New York City, but researchers don't yet know if that's because of genetics or diet and lifestyle habits we pick up from our parents.

Let me guess, there's a poop app, right?

Yep, the Bristol Stool Scale iPhone app, complete with helpful (if icky) little drawings to help you classify the quality of your poop. ➔

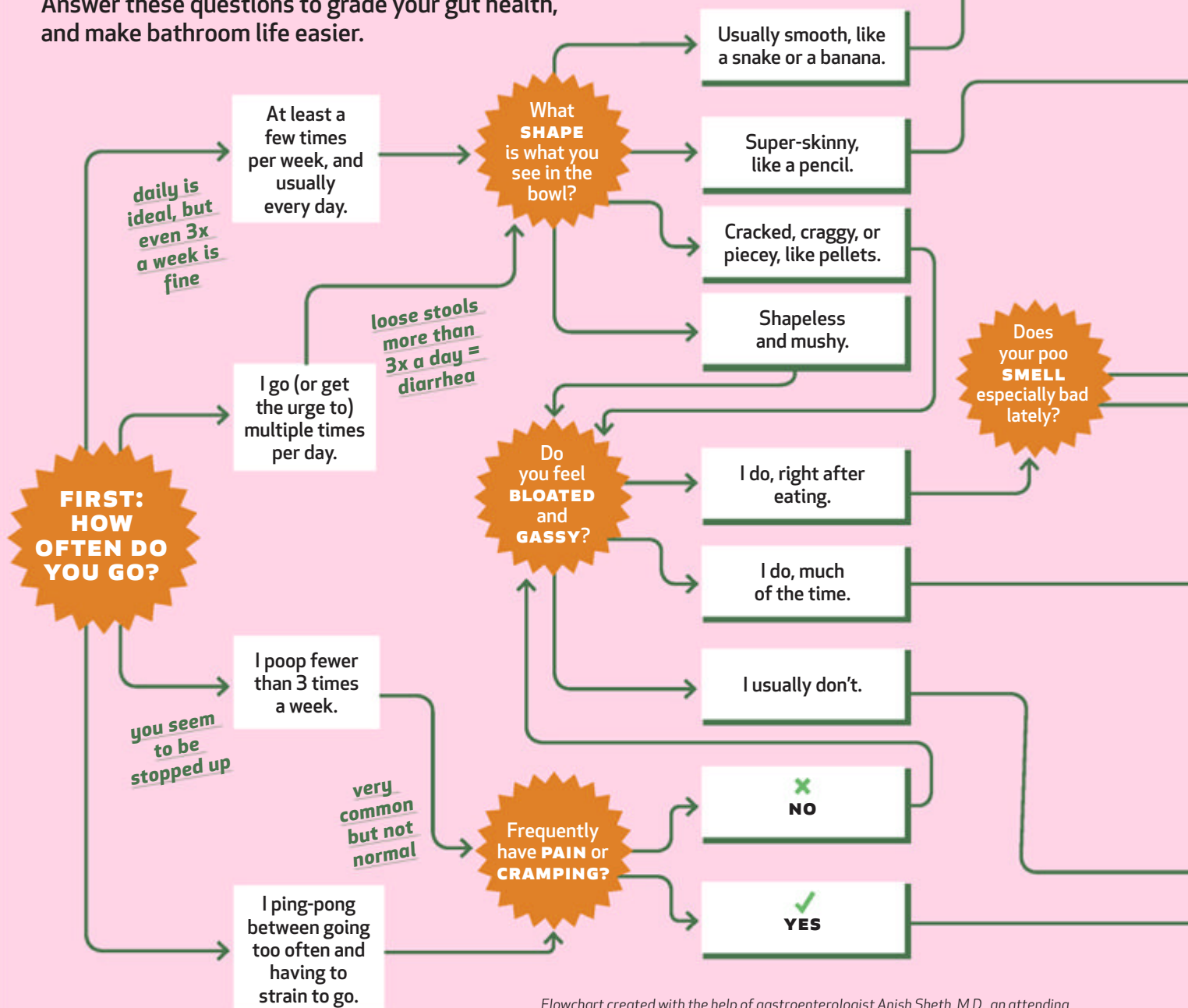


Why do antibiotics sometimes cause diarrhea?

A "Bad bacteria is in everybody's stool, but it's usually hanging out behaving itself, because other, healthy bacteria is keeping it at bay," says Sheth. When your healthy gut germs get depleted by antibiotics, and the particularly nasty germs that are resistant to the meds proliferate, diarrhea can happen. Taking probiotics may help balance things out again, although more research is needed about their effectiveness.

Your Poop Education

Answer these questions to grade your gut health, and make bathroom life easier.



Flowchart created with the help of gastroenterologist Anish Sheth, M.D., an attending physician at the University Medical Center of Princeton at Plainsboro

RULES FOR HEALTHIER BMs

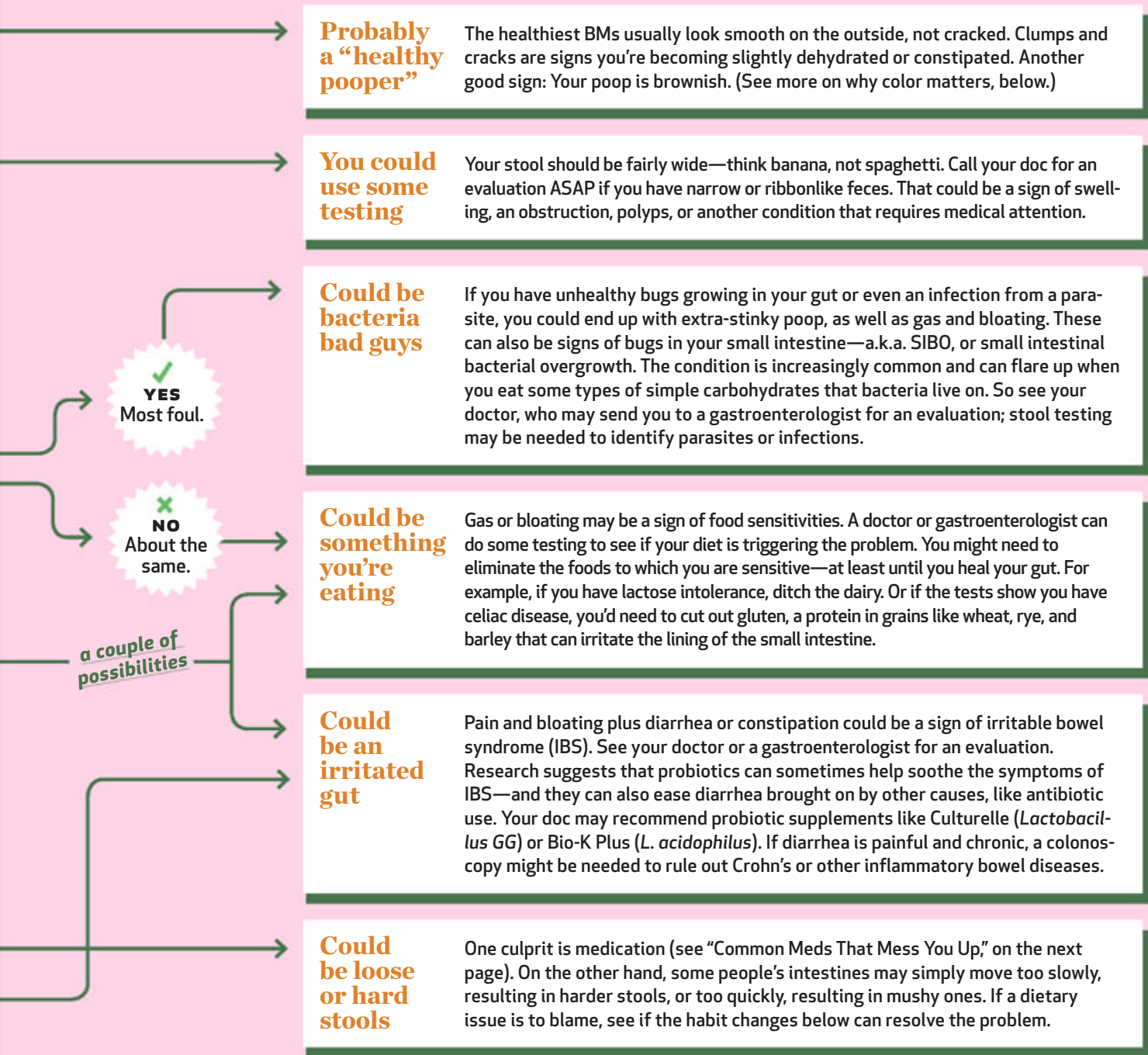
1 Eat more fiber, for goodness' sake. To make your quota of 25 grams a day, follow the half-your-plate rule: Always pile half your dish with fruits or vegetables and you'll get

two or more ½-cup servings of fiber-rich produce at every meal. The fiber all-stars: beans and lentils; whole grains, like oatmeal; raspberries; artichokes; broccoli; pears; and apples.

2 Drink water—enough so that your urine is a very pale yellow. Staying hydrated keeps poop soft, easing the way out. And if you bump up your fiber intake but don't drink enough

water, things won't move through your system as quickly or smoothly, says Schnoll-Sussman.

3 Eat more naturally probiotic foods, which have live



This chart is for informational purposes and doesn't constitute a medical diagnosis. If you're regularly having trouble, see a doctor.

colonies of healthy gut bugs like bifidobacteria. The easiest source is yogurt with the words “live” or “active cultures” on the label. Kefir, kimchi, and miso also contain probiotics.

4 Exercise regularly. Whether it's jogging or yoga, physical activity spurs motion in the colon and also relieves stress, which can majorly mess with your regularity.



50 SHADES OF POOP?

Poop should be—no shock here—brownish. If there's frequently some other hue in that bowl, you could have an issue worth looking into. Just know that eating lots of dark green veggies or beets or taking Pepto-Bismol can make stool appear yellow, green, reddish, or black. (Yes, Pepto can turn poo black.) Oddly colored poop, without these diet quirks, may mean there's too much fat or blood in your stool and could indicate intestinal, pancreatic, or other problems—call your doc. If you see actual blood, get checked out green away. Don't put it off.

If You're Constipated...

...these short-term fixes can help get things going. Not working? See a doctor to rule out IBS or other issues.

EAT SOME WHEAT BRAN, NUTS, OR SEEDS.

Again, everyone needs to get plenty of fiber, but when you're stopped up, focus on foods that have a specific kind: insoluble fiber, which bulks up stool and helps move it along. Chow down on wheat bran, artichokes, seeds, nuts, and broccoli. And, it bears repeating, be sure you're drinking enough water. All that fiber could cause gas and bloating if you're not sipping enough fluids, says Mullin.

TRY A SUPPLEMENT.

While it's best to get your fiber from food, a supplement like Metamucil or Benefiber can help regulate you in a pinch, says Sheth.

HAVE AN EXTRA CUP OF COFFEE.

Caffeine stimulates movement in the colon. There's no exact dosage to follow; caffeine truly works differently for everyone. So add a small cup to your routine and see how that goes.

TAKE MAGNESIUM.

"It's known as a natural laxative, it's safe if used sparingly, and it works," says Sheth. Just note:

Relying on it long-term isn't a good idea since too much magnesium can lead to kidney issues and other problems. A typical dose for adults with constipation is 500 milligrams, twice a day.

EXERCISE.

Good for everyone, as we said, but can be particularly helpful if you have what Mullin calls "slow transit."

IF ALL ELSE FAILS, GO FOR THE RIGHT KIND OF LAXATIVE.

Choose a brand like Miralax that's clearly labeled as an "osmotic laxative," says Sheth. These draw water into the intestines to speed things up, as opposed to stimulant laxatives, which can cause cramping or weaken the body's natural ability to move the bowels if overused.

Last, If You're Having Diarrhea...

GET THE RIGHT FIBER.

"If someone is leaning toward diarrhea a lot, they may benefit from more soluble fiber, which helps feed good gut bacteria," says Mullin. And soluble fiber can soak up water from the digestive tract, making stool firmer. Some foods

4 Ways to Keep Your Bathroom Smelling Like a Rose...

...no matter what goes on in there.



► Mrs. Meyer's Clean Day Scent Diffusers

► The Body Shop Home Fragrance Oils

► Aura Cacia Air Freshening Spritzes

► Glade Tough Odor Solutions Air Sanitizers

high in the stuff? Apples, bananas, and oatmeal.

TRY A PROBIOTIC SUPPLEMENT.

Probiotics like lactobacillus can reduce diarrhea that's caused by taking antibiotics; other studies suggest they may also improve symptoms of IBS.

SIP SOME METAMUCIL.

It works for constipation, but it can also help regulate loose stools, says Mullin.

CUT BACK ON CAFFEINE.

Remember how it stimulates the colon? Yeah, not what you want now.

COMMON MEDS THAT MESS YOU UP

THESE MAY CAUSE CONSTIPATION

Narcotic painkillers like Percocet or codeine; general anesthetics; some antidepressants like Elavil; antacids that contain aluminum.

THESE MAY CAUSE DIARRHEA

Antibiotics; NSAID pain relievers like ibuprofen; heartburn meds like Nexium and Tagamet; Zantac.



DR. OZ ON HIS FIRST "POOP CHAT" WITH OPRAH

I first realized that Oprah was willing to "go there" during an early appearance on her show. I mentioned that the average person passes gas 14 times a day, so I had probably done so during the hour-long show. I looked over at Oprah, who winked. We moved past embarrassment and opened the door to conversations about how our bowels can be a barometer of our health.

JUBLIA[®]
(efinaconazole)
Topical Solution 10%

TOENAIL FUNGUS?

— DON'T HIDE IT —
★ **TACKLE IT** ★
WITH JUBLIA



Individual results
may vary.

JUBLIA is an FDA-approved prescription topical solution proven to treat toenail fungus (onychomycosis).

JUBLIA is specifically formulated to reach the site of onychomycosis and fight the fungus that can live beneath the toenail — allowing some patients to have clearer toenails grow back. It's time to tackle toenail fungus.

Indication

JUBLIA (efinaconazole) Topical Solution, 10% is a prescription medicine used to treat fungal infections of the toenails.

Important Safety Information

- JUBLIA is for use on nails and surrounding skin only. Do not use JUBLIA in your mouth, eyes, or vagina. Use it exactly as instructed by your doctor.
- It is not known whether JUBLIA is effective in children.
- Before you use JUBLIA, tell your doctor about all your medical conditions, including if you are or plan to become pregnant, are breastfeeding, or plan to breastfeed, because it is not known whether JUBLIA can harm an unborn fetus or nursing infant. Tell your doctor about all medications you are taking, and whether you have any other nail infections.



Ask your doctor
if JUBLIA is right
for you and visit
JubliaRx.com

- JUBLIA is flammable. Avoid heat and flame while applying JUBLIA to your toenail.
- Avoid pedicures, use of nail polish, or cosmetic nail products while using JUBLIA.
- JUBLIA may cause irritation at the treated site. The most common side effects include: ingrown toenail, redness, itching, swelling, burning or stinging, blisters, and pain. Tell your doctor about any side effects that bother you or do not go away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Patient Information for JUBLIA on next page.



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PATIENT INFORMATION

JUBLIA (joo-blee-uh)

(efinaconazole) Topical Solution, 10%

This Patient Information does not include all the information needed to use JUBLIA safely and effectively. Please see full Prescribing Information.

Important information: JUBLIA is for use on toenails and surrounding skin only. Do not use JUBLIA in your mouth, eyes, or vagina.

What is JUBLIA?

JUBLIA is a prescription medicine used to treat fungal infections of the toenails. It is not known if JUBLIA is safe and effective in children.

What should I tell my healthcare provider before using JUBLIA?

Before you use JUBLIA, tell your healthcare provider about all your medical conditions, including if you:

- are pregnant or plan to become pregnant. It is not known if JUBLIA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if JUBLIA passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

How should I use JUBLIA?

See the “Instructions for Use” at the end of this Patient Information leaflet for detailed information about the right way to use JUBLIA.

- Use JUBLIA exactly as your healthcare provider tells you to use it. Apply JUBLIA to your affected toenails 1 time each day. Wait for at least 10 minutes after showering, bathing or washing before applying JUBLIA. JUBLIA is used for 48 weeks.

What should I avoid while using JUBLIA?

- JUBLIA is flammable. Avoid heat and flame while applying JUBLIA to your toenail.
- Avoid pedicures, use of nail polish, or cosmetic nail products, while using JUBLIA.

What are the possible side effects of JUBLIA?

JUBLIA may cause irritation at the treated site. The most common side effects include: ingrown toenail, redness, itching, swelling, burning or stinging, blisters, and pain. Tell your healthcare provider if you have any side effects that bother you or that does not go away.

These are not all the possible side effects of JUBLIA.

Call your doctor for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088.

How should I store JUBLIA?

- Store JUBLIA at room temperature, between 68°F to 77°F (20°C to 25°C). Do not freeze JUBLIA.
- Keep the bottle tightly closed and store in an upright position.
- JUBLIA is flammable. Keep away from heat and flame.

Keep JUBLIA and all medicines out of the reach of children.

General information about the safe and effective use of JUBLIA

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. You can ask your pharmacist or healthcare provider for information about JUBLIA that is written for health professionals. Do not use JUBLIA for a condition for which it was not prescribed. Do not give JUBLIA to other people, even if they have the same condition you have. It may harm them.

What are the ingredients in JUBLIA?

Active ingredients: efinaconazole

Inactive ingredients: alcohol, anhydrous citric acid, butylated hydroxytoluene, C12-15 alkyl lactate, cyclomethicone, diisopropyl adipate, disodium edetate, and purified water.

Manufactured for: Valeant Pharmaceuticals North America LLC, Bridgewater, NJ 08807 USA

Manufactured by: Kaken Pharmaceutical Co. Ltd, Shizuoka, Japan. Product of Japan

For more information, call 1-800-321-4576.

This Patient Information has been approved by the U.S. Food and Drug Administration.

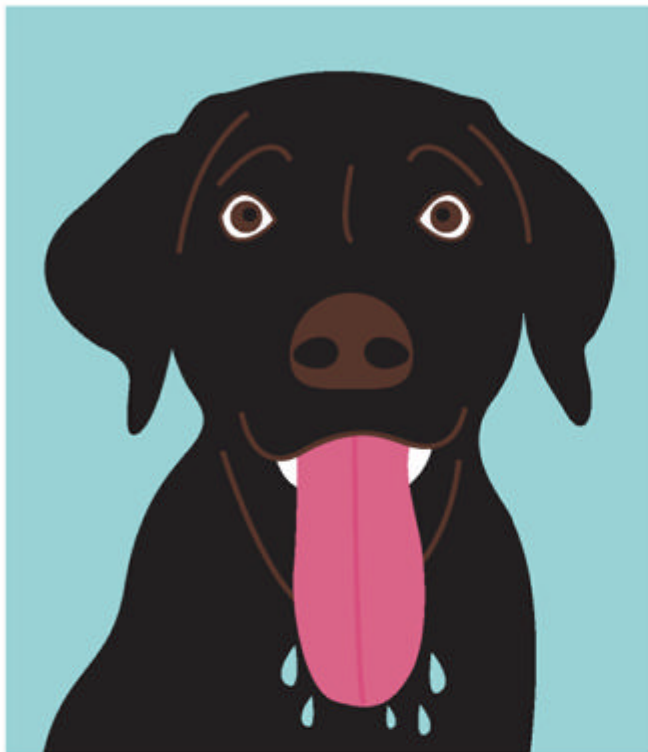


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Issued: 06/2014 9391901

What Happens When...



...You let a dog kiss you on the mouth

It might gross out anyone watching—and you should be a little put off by bacteria like staphylococcus or pasteurella that may be lurking in Fido's slobber. Still, there's only a small chance you'll get sick, says Shelley Rankin, an associate professor of microbiology at the University of Pennsylvania's School of Veterinary Medicine. Bugs that enter your mouth are usually killed by stomach acid—they almost always need to go into the bloodstream via a bite or open wound to harm you.

...You thaw food, then refreeze it

If you left it to defrost on the counter, it could be unsafe to eat or refreeze, says Azlin Mustapha, Ph.D., a food microbiologist at the University of Missouri. The USDA says you shouldn't thaw anything at room temperature, as it gives bugs time to multiply. (Defrost food in the fridge, under cold water, or in the microwave.) Something you thawed in the fridge is okay to pop back in the freezer, but you still need to cook your food thoroughly to kill any pathogens.

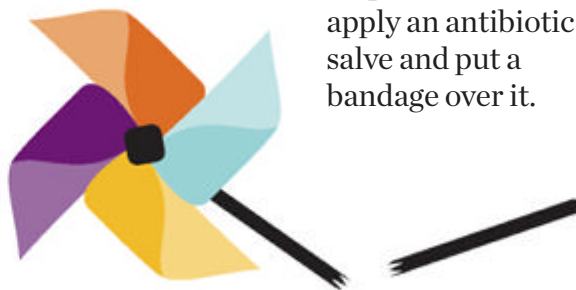
...You have a twitchy eyelid

Always annoying, usually harmless. The most common eye wiggling-out is called benign fasciculation, and it tends to fade away after a day or two (though in some cases it can last weeks or even months!), says Wayne Cornblath, M.D., a professor of ophthalmology at the University of Michigan. If the twitch has worsened or is driving you crazy, it may be worth seeing a doctor, who can suggest a treatment to calm down those lids. Experts aren't sure what brings on a twitch, but they believe caffeine and lack of sleep may be triggers. So get extra z's and don't overdo it on the coffee—your eyes will thank you.



...You pop a blister

Surprise: It's a good move if you're careful (and the blister isn't infected), says Smitha Kuppalli, M.D., an assistant professor of dermatology at Columbia University Medical Center. Clean the area, sterilize a needle, and poke a few small holes in the blister's edge, keeping the layer of skin on top intact; that barrier will help it heal. Then apply an antibiotic salve and put a bandage over it.



...You get the wind knocked out of you

"When you're hit in the stomach or fall hard on your back, the impact causes an immediate spasming of the diaphragm, the muscle just under your lungs that helps you pull in air," says Patrick Maher, an exercise physiologist at the Human Performance Center at the University of California at San Francisco Orthopedic Institute. Because the diaphragm has stopped moving normally, you'll feel as if you can't inhale. Alarms may go off in your head, but try to relax and take slow, shallow breaths in through your nose and out through your mouth—you'll get enough oxygen to help you calm down. After a minute or so, your diaphragm will unclench and you'll be breathing normally.

Listen TO YOUR SPINE

It lets you pick up a toddler, look behind you when you're merging, and gaze at the stars. In short, your spine takes excellent care of you. Learn how to return the favor. **BY MAGGIE PUNIEWSKA**

Cervical Spine

Its seven vertebrae support the head. These have the widest range of motion of all the spine's segments.

Thoracic Spine

The 12 segments here support the rib cage. It's the most rigid part of the spine, and this is where you'll see the least trouble.

Lumbar Spine

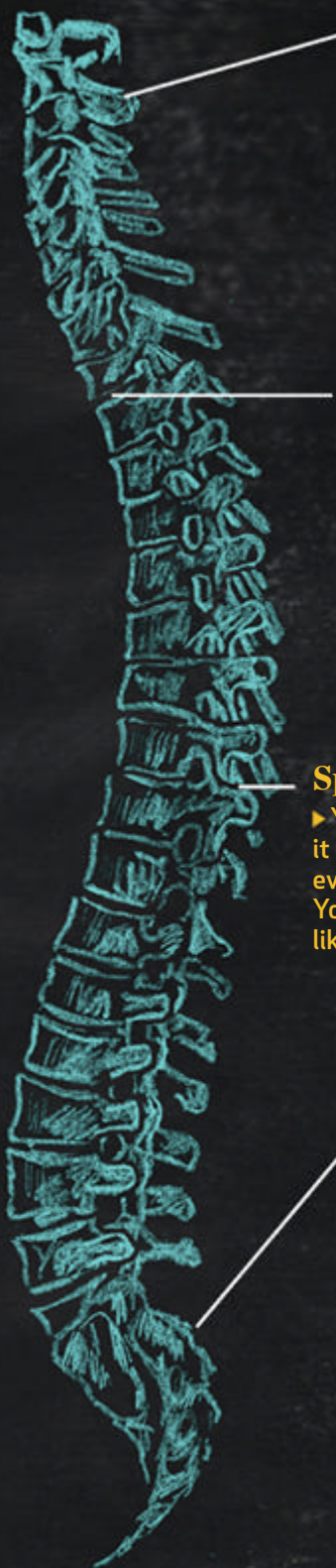
Because its five vertebrae are highly mobile and bear most of the weight of the upper body, this area is prone to the most wear and tear.

1 HEALTHY SPINES HAVE CURVES

Despite all the advice to "straighten up," your spine is happiest when it retains its natural contours. Hunching over a desk or leaning back too far flattens those curves, says Arya Nick Shamie, M.D., chief of spine surgery at the UCLA Spine Center. Turns out, bad posture causes more back woes than big injuries or genetics. We saw you adjust as you read that. Thanks.

2 WHEN TO CALL THE ICE TRUCK

If you pulled a muscle near the spine and have a "back attack," you'll need to hobble to the freezer to get ice. Your body sent a cellular brigade to help things mend, so there's a biological traffic jam there now. Use ice for 20 minutes every couple of hours to reduce swelling. The next day, switch to heat, which brings nutrients and relaxation, and keep blood flowing with light walking and simple stretches like child's pose.



Vertebrae

► 24 bones stack up like **building blocks** to form your spine. They hold you up and let you bend in all directions.



Disks

► These 23 fibrous cushions have a gel-like center and a harder outer layer (kind of like a **jelly doughnut**). Their jobs: to absorb shock and keep the bones from rubbing together.



Spinal Cord

► Your body's main information highway, it relays messages from the brain to everywhere else via 31 pairs of nerves. Your vertebrae encase and protect it, like a jewelry box protects a ring.

Sacrum

► Five segments fuse into one before birth. This bone connects the spine to the lower half of the body.

3 WHEN TO CALL A PROFESSIONAL

If your back attack comes with shooting pain, numbness in the legs, or loss of bowel or bladder function, get to an emergency room ASAP. These may signal something serious, like a spinal cord injury. On the much less urgent side, if your run-of-the-mill ache doesn't get better after a few weeks, check with your doc. Pain may be a symptom of something else, and your doc may refer you for massage, physical therapy, or acupuncture.

Surprising Reasons Your Back Hurts

INSOMNIA

This can up your risk of back pain by nearly 150%; it may hike stress levels, which can tense up back muscles.

YOUR SMARTPHONE

Tilting your head over a screen can put up to 60 pounds of pressure on your neck—that's like having an 8-year-old hang on it. Hold your screen up in front of you and send your eyes downward to look at it.

YOUR LAPTOP

Prop the screen on a stack of books and use a wireless keyboard.

HAVING A BELLY

Each extra pound of tummy fat puts 3 pounds' worth of strain on your spine.

SMOKING

People who puff are three times more likely to develop chronic back pain than nonsmokers.



CAN YOU STOP AFTER TWO BITES?



YOUR GOOD LIFE CHECKUP!

How healthy is your weight? Your balance? Your relationship? Your dessert habit? Discover the best no-needle, no-doctor, DIY (and did we say fun and revealing?) ways to find out.

DR. OZ PHOTOGRAPHED BY MATT JONES
STILLS PHOTOGRAPHED BY BURCU AVSAR
ILLUSTRATIONS BY PETER ARKLE

We like doctors at this magazine, especially the guy on that left-hand page there. But you don't always need one to know where your body is headed. Lifestyle factors drive so much of your health; the hundreds of little choices you make in a day—like what you eat, and even what

you say to your partner—can either power you forward or slowly sap your well-being. Our 16 self-tests will help you jump-start some excellent new habits and give you plenty of reasons to pat yourself on the back. All you need is a pencil, these pages, and just one expert: you.

DO YOU GET ENOUGH SLEEP?

There's a difference between feeling wiped at the end of an extra-long day (sort of the human condition, right?) and serious sleep deprivation, which not only messes with your judgment, your waistline, and your mood but may also raise your risk of some serious health problems, including diabetes and heart disease. See if you're getting all the rest your body needs—or whether you've been shorting your shut-eye lately. Do you:

Need an alarm to wake up in the morning?

☐ Yes ☐ No

Nod off or feel sleepy during the day, especially when sitting quietly?

☐ Yes ☐ No

Need multiple hits of caffeine throughout the day to stay alert?

☐ Yes ☐ No

Sleep for more than an hour past your usual wake-up time on days off?

☐ Yes ☐ No

Fall asleep on the couch in the evening before bedtime?

☐ Yes ☐ No

HOW YOU SCORED

Three or more "yes" answers? You may not be getting enough z's.

IMPROVE!

When it comes to making room in your life for healthy sleep or that *Scandal* rerun, you know what to do. One way to get more: Every day this week, make your lights-out time five minutes earlier than the night before. By the end of the week, you'll get 30 more minutes a night. Of course, if you're consistently skimping on sleep, you may need to reconfigure your responsibilities. And if you spend plenty of time in bed but still feel tired all the time, talk to your doc about whether you could have a sleep disorder, such as apnea, in which breathing stops repeatedly during the night. Not only does it leave you groggy and at risk for injuries, it can raise your risk of high blood pressure and heart problems.



Source for quiz: Nancy Collop, M.D., a professor of medicine and neurology at Emory University and director of the Emory Sleep Center



YOUR WEIGHT: IS IT ON TRACK?

The trouble with using body mass index (BMI) to know if you're at a healthy weight is that it can put people with lots of fit muscle into the "overweight" category. The smarter way: Measure your waist. Research has found this to be better than BMI as an indicator of weight-related health risks, like diabetes, hypertension, and cardiovascular disease.

HOW TO DO IT

Wrap a tape measure around the middle of your waist, at its smallest part. The tape should be snug, but not so tight that it compresses your skin. Exhale, then check your number.

HOW YOU SCORED



IF YOUR WAIST IS...

...LESS THAN HALF YOUR HEIGHT

You have a lower risk of obesity-related illnesses.

...MORE THAN HALF YOUR HEIGHT

You're at increased risk of diabetes, high blood pressure, and heart disease. Don't wait: Get started on the eat-healthier and move-more strategies you've been meaning to try, or step up those you're already doing.

DO YOU EAT LIKE DR. OZ?

“Packing your day with fruits and vegetables is one of the most important things you can do for your health,” says Dr. Oz. “They’re cornerstones of my diet. I have blueberries every morning, then the rest piles up: a green juice, veggies with meals, fruits with snacks. I get at least eight servings a day.” See how *you* do in a typical workweek. Five a day is great—eight a day is “Dr. Oz great”!

Check off each serving of a fruit or vegetable that you eat.

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY




HOW YOU SCORED

LESS THAN 15 PER WEEK:

You can do better!

16-22: Not bad!

23-29: Good! You're helping reduce your disease risk significantly. 

30+: Nice work!



1/2 CUP OF
BLUEBERRIES
COUNTS AS
ONE SERVING

1 CUP OF
UNCOOKED GREENS
LIKE SPINACH
IS ONE SERVING

1/2 CUP
OF CHOPPED
CARROTS
IS A SERVING

EASIEST WAYS TO GET MORE

Use these strategies from nutritionist-chef Ellie Krieger, R.D., host of the Food Network's *Healthy Appetite*

1

Spread ripe avocado on your toast instead of butter. Extra credit for throwing a tomato slice on top.

2

Add ½ cup of kale or spinach to your usual smoothie. Even if you don't like greens, you'll barely detect it.

3

Stir canned pumpkin puree into your oatmeal; sprinkle with pumpkin pie spices.

4

Throw sliced mushrooms into any ground meat dish, like tacos or sloppy joes.

5

Make sandwiches in pitas so you can stuff more veggies in there. Try cucumbers, radishes, or preshredded cabbage or carrots.

6

Pile salad greens, tomatoes, and peppers on top of a pizza slice—fold and chomp!



HOW'S YOUR RELATIONSHIP DOING?

An enriching relationship pays huge health dividends. To keep close and ward off prickly conflict, check whether you're valuing each other enough. "Appreciation-deprived relationships are like overdrawn bank accounts," says Sabitha Pillai-Friedman, Ph.D., an assistant professor in the Center for Human Sexuality Studies at Widener University. When there's not enough gratitude, goodwill diminishes and stress, conflict, and distance creep in. How does yours rate? (Ask your partner to take the quiz, too.)

How often do you thank your partner for his/her role in keeping the household running?

- ☐ Often
- ☐ Sometimes
- ☐ Never

How often do you notice and appreciate a positive quality in your partner? (Don't fudge; be really honest here.)

- ☐ Often
- ☐ Sometimes
- ☐ Never

How often do you thank your partner for just being there for you?

- ☐ Often
- ☐ Sometimes
- ☐ Never

How often do you say nice things about your partner when you're together and talking to other people?

- ☐ Often
- ☐ Sometimes
- ☐ Never

HOW YOU SCORED

Three or fewer "often" answers? Your partnership could use a few more strokes.

IMPROVE!

Begin each day by saying something appreciative, like "Thanks for making the bed" or "You're great for remembering to buy milk last night." Then throughout the day, notice and acknowledge a few of the good things your partner does—brewing the coffee and bringing it to you, talking you down from a mental ledge, picking up your dry cleaning because your schedule got jammed, whatever. "This simple strategy can change your relationship dynamic more quickly than you think," Pillai-Friedman says. Even if your partner doesn't sit down and take the test, tell him or her about your results and plans you have for improvement. Appreciation is highly contagious.

IS YOUR BODY OLDER THAN YOU ARE?

Discover how old your body is based on the way you've been treating it (sorry, those French fry benders take a toll). Take the online test at RealAge.com—it's free and factors in the numerous health habits that can keep you young or that can age you and your organs too quickly. The best part? If you come out "older" than you really are, the "improve" suggestions on these pages can help you turn back the clock.

ARE YOU AEROBICALLY FIT?

How long can you jump rope at a moderately hard pace before you're too out of breath to say a whole sentence?

(Don't have a jump rope? Jump as if you do; aim for about 2 jumps per second)

HOW YOU SCORED

LESS THAN 2 MINUTES
Not great.

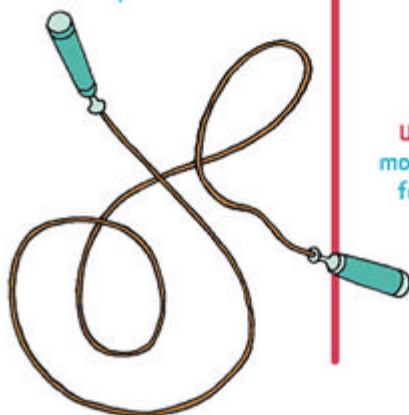
2-5 MINUTES
Just OK.



MORE THAN 5 MINUTES
Good!

IMPROVE!

A walking routine is a great way to boost aerobic fitness. Aim for 30 minutes a day, at a pace that feels as if you're rushing somewhere. Work up to doing a mile in 20 minutes. When your routine feels too easy, add this onto it: Jump rope as long as you can; do 10 extra seconds per session.



HOW FLEXIBLE ARE YOU?

Stiffness increases your chance of aches and pains, since other body parts have to compensate for what your joints can't do. Use these tests to see how bendy you are (your grade may be different for each).

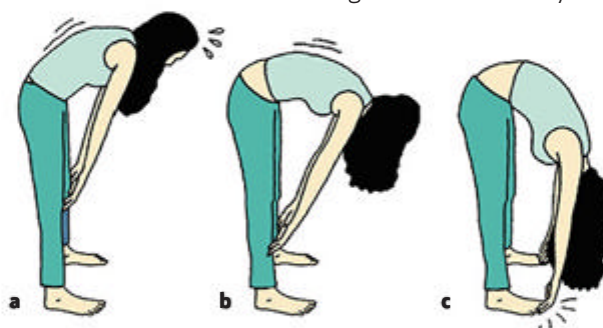
Try this with your upper body

Circle the letter next to the drawing that looks most like you:



Try this with your lower body

Circle the letter next to the drawing that looks most like you:



HOW YOU SCORED

IF YOU LOOK LIKE A

Your joints don't have a full range of motion, which may bring on aches or injuries—or you may already be hurt. See a doc if you did worse than expected.

IF YOU LOOK LIKE B

You'll get through your normal routine just fine, but stretch daily so you don't lose ground.

IF YOU LOOK LIKE C

Congrats—you're super-stretchy. Keep it up.



IMPROVE!

UPPER BODY Use the test above as your daily conditioning move. If your hands don't meet, grab the ends of a towel. Hold for 20 seconds, release, and repeat 3 times on both sides.

LOWER BODY Do nightly: Sit on the floor, legs out in front of you. Hook a towel around the arches of your feet; hold the ends. Keeping your back flat, draw your torso toward your feet until you feel a gentle stretch. Hold for 20 seconds and repeat 3 times.

IS YOUR CORE STRONG ENOUGH?

How long can you hold a plank with good form?

Lie facedown with your body propped on your forearms, elbows beneath your shoulders. Lift off the floor so you're resting on forearms and toes, staying in one line from ears to ankles.

HOW YOU SCORED

LESS THAN 30 SECONDS

Now you know what to work on.

30-59 SECONDS

You've got decent strength, but regular core exercises will definitely help you.



60-PLUS SECONDS
You're solid; keep it up.

IMPROVE!

The test is the remedy. Can't plank? Do it against a wall first. Stand about 2 feet away, place forearms against the wall, and keep your body in line from head to toes. When you can hold it 3 times for 60 seconds (rest for 30 in between), try it on the floor for 15 seconds and work up.

Source: Nancey Trevanian Tsai, M.D., a clinical associate professor of neurosurgery at the Medical University of South Carolina and vice chair of the board of directors for the American Council on Exercise

HOW SHARP IS YOUR MEMORY?

"Memory is a vital sign of overall mind and brain health," says P. Murali Doraiswamy, M.D., a professor of psychiatry at Duke Medicine. "Similar to getting a baseline blood pressure test, it's good to know where our memory stands." Wait for a moment of calm to do this. (If you're stressed or sleep deprived, it won't be as accurate.) Getting shaky results? See your doc for more testing to help sort out the reasons.

TAKE THE TEST

1. Ask a friend to write down 13 words (nouns that are unrelated to each other are best).
2. Have the person read the list to you, slowly enough for it to take about 25 seconds.
3. Immediately recall as many words as you can and tell them to your partner. Repeat the same process twice more.
4. Take a break; get distracted. (Check email, run errands, etc.)
5. After 20 minutes, meet up with your partner and see how many of the 13 words you remember. Give yourself one point for each word.

HOW YOU SCORED

10-plus: Terrific. Bet you win at cards. **9-10:** Good.
7-8: Average. **6:** Below average. Before you go into overdrive worrying about your memory, take steps to sharpen it. Get adequate sleep, and challenge your brain with puzzles and other activities (ballroom dancing counts, since you have to remember steps and sequences). Also, see friends, and keep your weight, blood pressure, and blood sugar in check. If you notice further slippage despite those moves, get your doc involved.

ARE YOU HOOKED ON SUGAR?

Sweets flood your brain with the same chemical involved in a high from drugs. Keep eating them and “that response hijacks your brain to crave more and more sugar,” says Nicole Avena, Ph.D., of the Icahn School of Medicine at Mt. Sinai. That’s trouble for your weight and health. See if you’re headed for “can’t stop” turf:

1. You promise yourself “just one bite” of a nearby brownie. Do you:

- a Take one bite, maybe two. Yum! That was good.
- b Finish the whole thing. Oops.
- c Finish it—and reach for another, plus a cookie. (Why stop now?)

2. How do you feel about it?

- a Great! What’s the big deal?
- b OK, but I’ll try to eat a healthy dinner tonight.

- c Embarrassed and guilty. Did anyone see me?

3. Have you tried cutting back on sugary foods?

- a Not in a big way; I don’t eat that many.
- b Yes, but it’s tough.
- c Yes, and it made me irritable and want to binge on more sweets.

4. You ate a big dinner. Dessert?

- a No, thanks.
- b Yes, but let’s share.

- c Yes, and now I’m stuffed and my stomach aches. Why couldn’t I resist?

5. Is your sugar intake contributing to weight or health problems?

- a My weight is in a healthy range.
- b I could stand to lose a few pounds.
- c Yes, my blood sugar is on the high side and/or I am carrying extra weight.

HOW YOU SCORED

MOSTLY A’S

You’re sugar smart. You enjoy sweets in moderation—well done! Just remember that there’s sugar hiding in most processed foods (including things that aren’t sweet, like some salad dressings and breads), so you may be consuming more than you think. Read the ingredients list on food labels; look for code words like brown rice syrup, juice concentrate, and any ending in -ose.

MOSTLY B’S

Sounds like a sweet tooth. The occasional dessert can work in any diet—just adjust your calories for the day to accommodate it. Try to consume no more than six teaspoons of added sugar a day (25 grams), nine if you’re male (38 grams). Smart swaps: Trade sweetened yogurt for plain (mix in your own berries), or add one packet of sugar in your coffee instead of two.

MOSTLY C’S

You and sugar might need a break. If you can’t cut back or you feel guilty or out of control, you have a problem with sugar. Loosen its hold by knowing how much you get. Track every gram of sugar you eat (try the MyFitnessPal app). This will reveal the likely surprising amount you consume. Then, cut back slowly—that’s easier for most people than going cold turkey.

Sources: Mark S. Gold, M.D., an addiction researcher and retired eminent scholar at the University of Florida College of Medicine; Eliza Kingsford, M.A., L.P.C., executive director of Wellspring; Sonja Yokum, Ph.D., a researcher at the Oregon Research Institute who studies sugar’s effects on the brain

Try not to tip!

FROM WOBBLE BOARDS
—THAT'S ME ON ONE—
TO HEEL-TOE WALKING,
BALANCE EXERCISES
ARE ESSENTIAL.

— Dr. Oz

HOW'S YOUR BALANCE?

It's not just older people who need to think about their balance. The younger you start working on it, the better you'll be at everything from walking on a slippery driveway to fun stuff like dancing, running, and rollerblading.

GET STEADY!



Stand with one foot right in front of the other, with the toes of the back foot against the heel of the front foot. Now walk in a straight line, continuing heel to toe. How many steps can you take without wobbling off the line?

1 2 3 4 5 6 7 8 9 10+



HOW YOU SCORED

4 OR LESS: Work on it.

5-9: Average.

10+: Excellent.



IMPROVE!

Stand with one foot in front of the other in the heel-to-toe position. Raise your hands above your head, fingertips reaching to the ceiling. Hold this pose for as long as you can. Make it harder: Keep your right arm up, drop the left to your side; bend a little at the waist toward your left. Repeat to the other side.

Source: Nancey Trevanian Tsai, M.D., a physiatrist and clinical associate professor of neurosurgery at the Medical University of South Carolina



60-SECOND BODY TESTS

How's Your Breath?

The blow-into-your-hands-and-smell-the-air trick? Doesn't work; you'll just smell your hand. Instead: Run floss through your back teeth and sniff.



Are You Drinking Enough Water?

Gently pinch the skin on the back of your hand. If it takes more than a few seconds to snap back into place, you're likely dehydrated. Glug water ASAP.



How Well Can You Hold It?

Use your muscles to stop your urine midstream. If it takes more than two seconds to interrupt, you may be prone to incontinence. Practice stopping and starting every time you go.



Are You a Risk Taker?

What's longer: your index or ring finger? If it's the latter, you may have been exposed to more testosterone in utero, which could make you more apt to take risks and be competitive.



Check Your Lungs

Hold a lighted candle about 16 inches from your face. Blow it out. If you can't, you may have undiagnosed asthma or other lung problems; see a doc.





News Your Body Needs Now



DERM ALERT

As if you need another reason not to go tanning

Skin cancer isn't the only potential consequence of spending time on a tanning bed (though it's the most serious). About 3,200 indoor tanners go to the hospital every year after fainting or suffering injuries like skin or eye burns, according to the Consumer Product Safety Commission. Just. Don't.



NEW + GOOD

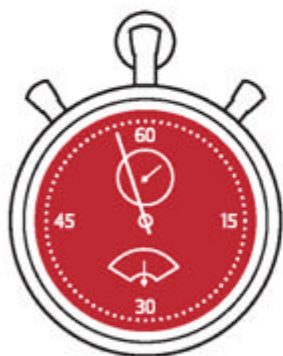
Safer cycling idea

We hope you aren't riding around in pitch dark, but for sunset pedaling, consider the new Brainy Bike Lights. They feature an illuminated bike symbol, shown to alert drivers faster than some standard lights that a cyclist is ahead. (about \$55 for front and back lights, brainybikelights.com)

SLEEP UPDATE

That nightcap will not help you doze

Even though booze is a sleep killer, almost one-third of people who have trouble nodding off rely on it to fall asleep faster. Not good. A new study from the University of Missouri found that people who drink before bed are more likely to develop insomnia-like symptoms a few hours after they hit the sack. Once the effects of alcohol fade, people may become alert and either wake up or sleep restlessly. So finish that pinot at least three hours before lights-out.



Push yourself—for just 60 seconds!

ACTION ADVICE

The one-minute workout

If you're an exercise newbie, doing just three 20-second "give it all you've got" intervals can boost your health, say McMaster University researchers. In a study, when people did these 20-second sprints during a 10-minute workout three times a week, they saw an increase in endurance and healthier insulin levels after a month and a half. Intervals might improve your cells' mitochondria, which—flashback to biology class—can make your body more efficient at using oxygen and burning off sugars and fats.



STUDY BUZZ

Hugs are the new vitamin C

There's almost nothing that a hug can't fix. In a new study, people who received more embraces from loved ones were less likely to catch a cold than those who weren't as cuddly. Hugs, a sign of social support, may counter the immune system-lowering effects of stress.



Item #01907

Why Can't I Lose Weight?

The accumulation of surplus **fat pounds** is a consequence of aging. The reason for this unwanted weight gain, however, has only recently been discovered.

Each of our cells contains an enzyme called **AMPK**. When **AMPK** is activated, cells stop storing fat and start burning accumulated fat.

How do we know this? In response to extreme **calorie restriction**, AMPK activity skyrockets and rapid **weight loss** ensues. The problem is that most people cannot consistently under eat to elevate their **AMPK**. In fact, **66%** of Americans struggle with being **overweight**.^{1,2}

Dramatic Impact of AMPK Activation

If you've watched **The Biggest Loser** on TV, you've seen the massive weight loss effects of relentless **calorie restriction** and intense **exercise**. Both increase **AMPK** activity.

For the first time, scientists have discovered two **nutrients** that markedly increase **AMPK** activity. Clinical studies in humans using these AMPK-activating nutrients reveal profound **weight loss** effects.

But will these nutrients produce the same **fat-shedding** effects outside a clinical testing environment? Our opinion is a resounding NO!

Many people consume so many **excess calories** and get so little **physical activity** that it is not possible to achieve meaningful weight loss with just a pill. That being said, if you are trying to lose weight, and do not take steps to boost your **AMPK activity**, you will almost certainly fail.

Scientific References:

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For the complete list of ingredients, cautions, references, dosage and use, please visit www.LifeExtension.com.

Life Extension will not be liable for typographical, photographic or other pricing or content errors found in our printed or electronic communications. Prices subject to change without notice. Cannot be combined with any other offer.

Activate Your AMPK without Starving

AMPK activity sharply declines as we age. The result is excess **fat storage**, especially in the **abdominal** region.

For the first time, those who are serious about weight control can boost their **AMPK activity** and give themselves a fighting chance of achieving meaningful weight control in response to a reduction in calorie intake and increase in physical activity.

The dual-extract **AMPK Activator** formula contains the two identical natural compounds that have been shown to promote **AMPK activity** and facilitate healthy body weight.³⁻¹⁰

The scientific references below validate the nutrients contained in the new **AMPK Activator** formula. This unprecedented mechanism of weight management can be obtained now for only **\$24** for a **30-day** supply.

ORDER NOW!

SAVE 50%! — ONLY \$24
FREE Shipping & Handling*

Toll-free 1-866-606-9804

Mention discount code AVC527A

www.LifeExtension.com/AVC527A

Offer expires April 27, 2015.

NOTE: If you have any doubt about the impact of AMPK on health, longevity, and body weight, just type in "**AMPK**" into **Google**. You'll see thousands of studies that describe its wide-ranging beneficial properties.

*Free Standard Shipping (regularly \$5.50) in the contiguous U.S. only.

This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary. ActivAMP™ is a trademark of Gencor. **Non-GMO.**

NOT TONIGHT, I'M TOO TIRED.



WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired...too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down... especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time", it's time for a change.



Iron deficiency affects 20% to 25% of the world population,¹ with iron-deficiency anemia the most common type of anemia.

Reference

¹. McLean E, Cogswell M, Egli I, et al. Worldwide prevalence of anaemia, WHO Vitamin and Mineral Surveillance Information System, 1993-2005. Public Health Nutrition 2009; 12(4): 444-54.

We all need iron for energy.

Women are especially prone to iron deficiency due to periods, pregnancy, and breast-feeding. In fact, menstruation is the main reason women are 10 times more likely than men to suffer from low iron levels. Just a few consecutive heavy periods can cause iron losses that are difficult to reverse without supplementation.

Is iron missing in your diet?

If your diet hasn't been giving you the recommended 18 mg of iron a day and you're feeling tired and run-down, Floradix® Liquid Iron and Vitamins Formula could be the simple solution. In addition to iron, Floradix's gentle formula contains vitamins B1, B2, B6, B12, as well as vitamin C. Vitamin C helps the body absorb the form of iron found in fruits and vegetables, like those found in Floradix's liquid base.



Iron-deficiency symptom checklist:

Are you iron-deficient?

- ☐ Do you often feel weak?
- ☐ Do you look pale, lack appetite, or feel tired?
- ☐ Are you often cold or chilly?
- ☐ Do you have brittle hair and nails?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient.

Feel the difference Floradix® makes:

- Nonconstipating
- Dairy-, lactose-, & alcohol-free
- Free of artificial colors & flavors
- Safe, utilizable dosage
- Formulated for maximum absorption
- Contains whole food & herbal extracts
- Certified kosher
- Suitable for vegetarians



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TRUE BEAUTY



THE ULTIMATE MOISTURIZER

Chock-full of moisturizing fats, oils can help rehydrate even the driest skin.

YES. OIL FOR ACNE

Many oils have antibacterial and anti-inflammatory benefits that may outweigh their pore-clogging potential.

NATURAL SKIN PROTECTORS

A few oils can help shield skin from the aging effects of the sun. (But don't skip SPF.)

Ready to Try a Beauty Oil?

What started as a curiosity is now a trend to get behind, because oils can do astonishing things for your skin and hair. Our guide helps you choose the exact right one. BY KRISTA BENNETT DEMAIO

Find the Oil For You

For years, many beauty products proudly proclaimed themselves “oil-free” and we feared anything with even a trace of the slick stuff. But with hydrating, age-erasing, and hair-smoothing benefits, it’s no surprise that oils are now earning a prime spot at product counters. This chart breaks down the options so you can cherry-pick a top performer.

11 OIL OPTIONS FOR SKIN AND HAIR						
	ARGAN	OLIVE	TEA TREE	JOJOBA	AVOCADO	SEA BUCKTHORN
						
OIL						
WHERE IT COMES FROM	The oil is taken from the pit of the Moroccan argan fruit.	Whole olives release the oil when they are pressed.	Steaming the leaves of this Aussie tree releases the oil.	Drawn from the crushed seeds of a desert shrub.	Extracted by squeezing the meat of the avocado fruit.	The seeds and pulp of a Eurasian berry contain the oil.
WHAT SKIN DOCS LOVE ABOUT IT	Rich in hydrating fats and antioxidants to help prevent free radical damage and collagen loss.	Olive oil is a good source of squalene, a fast-absorbing skin moisturizer often added to store-bought creams.	Tea tree oil has natural antibacterial properties that help heal acne and minor cuts and scrapes.	Technically, this one's not an oil—it's a liquid wax that coats skin to effectively seal in moisture.	Fats like oleic acid work to soften your skin, while vitamins A, D, and E repair environmental damage.	The higher levels of omega fatty acids found in sea buckthorn oil can help to calm winter-ravaged skin.
Soothes dry skin	✓	✓		✓	✓	✓
Fights wrinkles	✓	✓		✓	✓	✓
Calms sensitive skin		✓		✓		✓
Battles acne bacteria	✓	✓	✓	✓		
Fades dark spots	✓				✓	
Moisturizes damaged hair	✓	✓		✓	✓	
Reduces dandruff			✓			
Good for eczema						
Provides some UV protection		✓		✓		
ONE WE LOVE	Josie Maran 100% Pure Argan Oil (\$48, Sephora)	Bobbi Brown Extra Face Oil (\$63, bobbibrown cosmetics.com)	Wen by Chaz Dean Tea Tree Eucalyptus Treatment Oil (\$65, chazdean.com)	L'Oréal Paris Age Perfect Cell Renewal Facial Oil (\$25, drugstores)	Kiehl's Since 1851 Magic Elixir (\$20, kiehl.com)	Fresh Seaberry Moisturizing Face Oil (\$50, fresh.com)

HOW TO USE AN OIL ON YOUR...

Body

○ If you've got dry skin and are using an oil *and* a moisturizer, apply the oil to damp skin first. A thick body cream may block its absorption.

Face

○ Use oil to seal in hydration by layering it on top of a light moisturizer. The active ingredients will still get to your skin.

○ If antiaging is your biggest concern, layer your oil of choice over a topical retinoid. A recent study suggests that oil helps carry retinoic acid into skin.

Hair

○ Use oil as a daily leave-in treatment for dry split ends. After you've shampooed, conditioned, and rinsed, work a dime-size amount through wet hair.

○ Make oil an intensive weekly conditioner by applying it to dry hair and scalp (the moisturizing ingredients will soak in better than when hair's wet). After 20 minutes, shampoo out.

Sources: Francesca Fusco, M.D., a dermatologist in New York City; David E. Bank, M.D., a dermatologist at New York Presbyterian Hospital; Macrene Alexiades, M.D., Ph.D., an associate clinical professor of dermatology at Yale School of Medicine

					
	BORAGE*	COCONUT	SAFFLOWER	MARULA	POMEGRANATE
					
	This healing oil comes from the seeds of a bright flower.	Coconut flesh is the source of this ultra-trendy oil.	The safflower bud native to the Middle East contains the oil.	From the seeds of an exotic African tree.	Ruby-red pom seeds are pressed to get the oil.
	Borage oil is rich in gamma-linolenic acid (GLA), so it can soothe the inflammation associated with eczema.	The fatty acids and antioxidants found in coconut oil can increase hydration and calm skin.	Studies show that safflower oil pampers dry, sensitive skin, making it a good pick for those prone to irritation.	The omega-9 fatty acids in marula oil moisturize skin, reduce irritation, and may help fade stretch marks.	Pomegranate oil may inhibit UVB damage. Layer it under your favorite sunscreen to get the best protection.
	✓	✓	✓	✓	
		✓			✓
			✓	✓	
		✓			
		✓			
	✓	✓	✓		
		✓			✓
	Nuxe Huile Prodigieuse (\$45, nuxe.com)	Nexxus New York Salon Care Oil Infinite Nourishing Oil (\$18, drugstores)	Davines Authentic Nourishing Oil (\$44, davines.com)	Marula Pure Marula Facial Oil (\$78, Sephora)	John Masters Organics Pomegranate Facial Nourishing Oil (\$30, johnmasters.com)

*If you're taking blood thinners, check with your doctor before using this oil.

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STYLE TIP

Pair with solid dresses and skirts to add a little flair to your professional look.



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STYLE TIP

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The New Beauty Hot Spot: Your Neck

Our habits are aging this area faster than ever (just type “tech neck” into Google). But beauty reporter **Gina Way** learned to stop the clock without crazy surgery. Chin up, ladies. You’re going to look great.



Right around 40, I began to notice that my neck looked like the rumpled top sheet of an unmade bed. Surely those years of sun worshipping were to blame—summers spent tanning until I was as brown as a roasted chicken flashed before my eyes. Yes, I’d grown up enough to use sunscreen on my face daily, but as I pinched my slack skin, I realized—to my horror—that I’d always stopped short of my neck.

It wasn’t all my fault, I learned. “The skin on your neck is thinner and more sensitive because it has fewer oil glands, making it prone to sagging and lines,” says cosmetic dermatologist Patricia Wexler, M.D., of the Icahn School of Medicine at Mount Sinai in NYC. And constantly looking down at our phones doesn’t help. Yes, the dreaded tech neck.

But what to do? Surgery was out: I’m positive I’d die from the anesthesia. My own vanity would kill me! Instead, I found less scary options, gave them a try, and got results.

Moisturize like crazy

“The easiest thing you can do to improve this area is hydrate,” makeup guru Bobbi Brown told me. Picking a moisturizer with the right ingredients is key. “Humectants like glycerin and hyaluronic acid plump skin, softening wrinkles,” says dermatologist Macrene Alexiades, M.D., Ph.D., of Yale University.

“And look for emollients such as ceramides, squalene, or caprylic/capric triglyceride to seal in moisture.”

While you can absolutely use the same cream on your neck as you use on your face, the thinner, drier skin there might respond best to a heavier formula. I’ve been using **Dr. Brandt Do Not Age Firming Neck Cream** morning and night for two months (that one plus more staff-tested neck creams are below). My neck is visibly smoother and less lined when I wear it. And just owning a neck cream reminds me to moisturize there regularly.

Put antiagers on your face and neck

Just like SPF, these products are neck-saviors. “I can’t tell you how many women I see who don’t apply antiaging products or sunscreen to their neck or chest,” says Wexler, “and then wonder why they look so much older.” She was describing...me.

The skin on your neck has a supportive framework of collagen and elastin that keeps it plump and taut. “When it starts to degrade with age and sun exposure, the skin begins to sag and wrinkle,” says Alexiades. “Ingredients like peptides and retinol stimulate the production of collagen and elastin.” If, on the other hand, brown spots are your issue, look for skin-brightening antioxidants like vitamin C and niacinamide.

Blur with makeup

Bronzer is the magic trick to make your neck look more taut. “Warming up and tinting the area can make jowls recede and soften lines,” says Brown.

She told me to go with a matte powder bronzer—it gives the most natural-looking results—in a shade warmer than my skin. After moisturizing, brush it on, starting at the jawline and moving down.

Work from ear to ear to shade the entire area. I tried this, and it really does camouflage crepeyness and make your jawline look a tad sharper.

Consider a noninvasive treatment

While antiaging products, sunscreen, and makeup will help a lot, they won’t give you (or me) the neck of a 20-year-old. For more dramatic tightening results, dermatologists use procedures to deliver heat to deeper skin tissue, stimulating collagen. Some, like Ultherapy, use ultrasound energy; others, such as EndyMed, utilize radio-frequency waves. These will set you back from \$1,500 to \$3,500, but the results can last for years.

For now, my proactive skin-care regimen is making my neck more Audrey Hepburn-esque. It’s also a matter of perspective. As Brown told me, “When I look at you, the first thing I see are your beautiful eyes. I didn’t even notice your neck.” And those words were the biggest help of all.



Neck Creams That Rocked Our Road Test

1. Clarins Extra-Firming Neck Anti-Wrinkle Rejuvenating Cream (\$87, clarinsusa.com)

“Smoother and softer” is how our tester described her skin after using this product for a month. It’s a nourishing mix of oat sugars, green banana, lemon thyme, and green algae.

2. StriVectin TL Advanced Tightening Neck Cream (\$95, Macy’s)

Not expecting any miracles, the tester was pleasantly surprised to see an improvement in her

lines. “It’s thick but practically disappears into skin,” she added.

3. Dr. Brandt Do Not Age Firming Neck Cream (\$65, Sephora)

Our tester’s neck was noticeably firmer after using this “almost solid but not greasy” balm. It’s rich in exfoliating glycolic acid, but didn’t irritate her sensitive skin.

4. Algenist Firming & Lifting Neck Cream (\$98, algenist.com)

After four weeks of use, the tester’s horizontal neck wrinkle was “much less prominent—it’s almost totally gone.”

5. Nuance Salma Hayek Age Affirm Firming Neck & Chest Balm (\$22, CVS)

Happy with the tightening results, our tester used this cream on her hands, too. She loved how easily it seeped in.

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Beauty Tricks From Your Medicine Cabinet

Look *behind* the bathroom mirror for fast, easy ways to get fuller lashes, solve a pimple crisis, and pretty up in a hurry. BY SARAH WEIR



Smooth on aloe vera before foundation.

Under your base, skin-soothing aloe creates an even surface that helps makeup stay put.

Soften liner with a cotton swab.

Run a cotton swab over eyeliner to lightly smudge, preventing an overly defined look that can age you.

Use baby powder to thicken lashes.

Apply mascara, then dust some baby powder on top. Brush on a second coat and check out the added fullness.

To calm a blemish, try eyedrops.

In a pinch, redness-reducing drops take the pink out of a pimple by narrowing blood vessels. Finish with cover-up.

Multitask with petroleum jelly!

After blush, dab petroleum jelly on cheekbones to add glow. Tap on top of concealer clumps to blend, or brush on brows for definition.



Aubrey Organics Pure Aloe Vera (\$8, aubrey-organics.com), Almay Smart Shade Skintone Matching Makeup in Light/Medium (\$14, drugstores)

Q-tips Cotton Swabs (\$3 for 375, drugstores), Essence Cosmetics Kajal Eye Pencil in Teddy (99 cents, Ulta)

Johnson & Johnson Baby Powder (\$4, drugstores), CoverGirl Full Lash Bloom Mascara by LashBlast (\$9, drugstores)

Visine Original Redness Relief Eye Drops (\$5, drugstores), Rimmel London Match Perfection Skin Tone Adapting Concealer in Fair (\$6, drugstores)

Vaseline Jelly (\$4, drugstores), Topshop Cream Blush in Afternoon Tea (\$12, topshop.com), Maybelline New York Cover Stick Concealer Corrector in Light Beige (\$6, drugstores), Laura Mercier Brow Grooming Brush (\$10, Nordstrom)

Petroleum jelly is pure genius! It highlights, blends, and smooths.

HEALTHY HAIR, THE COOL WAY

Please don't scorch your hair into submission. Instead, take a break from hot tools to make it healthier, shinier, and easier to deal with in the morning. With our totally unplugged solutions, you'll still get the texture you love.

BY KAYLEIGH DONAHUE HODES

PHOTOGRAPHED BY ARI MICHELSON

ILLUSTRATIONS BY CINDY LUU

If you've ever gone a little crazy with the flatiron or curling wand, you know the distinct aroma of burned hair and the nasty damage that goes with it. One study shows that blow-drying with high heat can cause the hair's outer cuticle layer to crack. Crack! Then, when you start brushing or combing, you can actually rip away whole chunks of protective cuticles, leaving hair dry and brittle.

No, you don't have to swear off heat forever; using a great protecting spray and dialing down the temperature will limit wear and tear. But you gotta give your hair a break every once in a while. That's where these expert ideas come in: They'll help you transform your texture, add volume, and smooth frizz, all while keeping your hot tools in the drawer. Whether you want to divorce your blow-dryer or just give it the day off, healthy, beautiful hair is possible.



SOFTEN TIGHT CURLS

“My thick, kinky spirals loosened up after I slept in braids—and my hair feels so much healthier.”

—Ambre Anderson, children’s book author

Flatirons and chemical relaxers are the only way to make super-kinky hair straight, but both are damaging. “Braiding your hair is a healthier way to get a looser curl,” says Ursula Stephen, a hairstylist with the brand Motions. “Aim for about four braids in total.” To maintain the texture, repeat every night. See page 62 for style how-tos.

"All it takes to get some nice volume at the crown are Velcro rollers and the little bit of heat that naturally radiates from your head," says New York City-based hairstylist Nathaniel Hawkins. The longer your hair is, the larger your rollers should be. If it's medium length or shorter, look for rollers that are 1 inch in diameter; medium-to-long hair needs 2 inches or more. See page 62 for style how-tos.

BODY

WITHOUT A
BLOW-DRYER

"My hair is so straight, it falls flat easily. But using this trick helped the lift last through to the evening."

—Bridget McKeivitt, studio manager

OVERNIGHT CURLS

*"I was shocked that
my mostly straight hair
could get these fresh,
fun curls without heat."*

—Gwen Gaydos, health coach

To go from limp, straight hair to a head full of spirals, Hawkins suggests setting curls with fabric rags before you go to bed. "It's a very old-school but extremely effective way to wake up with curls," he says. "Once you get good at it, you'll probably be able to do it sitting in front of the TV before bed." See page 62 for style how-tos.

Gorgeous Hair (Without Damage)



Soften Tight Curls

1 | Prep and section your hair.

Before bed, work styling cream through damp strands or a leave-in conditioner through dry hair, then divide it into two to four sections. Secure each section with an elastic. The more braids, the looser your waves will be.



An easy way to divide your hair: Make two sections in front and two in the back.

2 | **Braid each section.** Tie them with elastics, and sleep in them.



3 | **Separate those waves.** The next morning, take out the braids and flip your head over. "Shake out your hair with your fingers to get rid of all the parts," says stylist Ursula Stephen.

Don't pull the braid strands too tight as you plait; that gives a more crimped-looking result.

• Tools to try:

Scünci No Damage Hair Elastics (\$3, CVS), René Furterer Absolu Kératine Sublime Renewal Leave-In Cream (\$40, salons nationwide)



Body Without a Blow-Dryer

1 | Divide and prep.

Starting with dry hair, grab a section that's the same width as your roller. Mist the section with a volumizing spray or light-hold hairspray and brush through it to smooth the cuticle layer and prevent frizziness.



Place the roller over the end of your hair and roll upward toward your scalp.

2 | Roll it all up.

Clip each roller in place where it makes contact with your scalp—they should sit snugly at the roots. Repeat with as many rollers as it takes to cover your whole head.



The section of hair you're rolling should cover the entire width of your roller.

3 | Loosen it up.

Keep the rollers in place for at least 20 minutes or overnight before unraveling and shaking it all out.

• Tools to try:

Suave Professionals Luxe Style Infusion Volumizing Plump Hold Hairspray (\$5, drugstores), Goody Simple Styles Beach Waves Kit (\$6, Walmart)



Overnight Curls

1 | Organize your supplies.

Slice a T-shirt into foot-long strips of fabric. Twenty should do the trick.



2 | **Prep hair.** Run a styling cream through damp hair and grab a section. "The bigger the section, the looser the curl," stylist Nathaniel Hawkins says. To start, try one that's 2 inches wide and deep.

Hold the strip 4 inches from your scalp and wrap the ends of your hair around it.

3 | Curl, curl, curl.

Brush through the section of hair and wind it tightly around one of the fabric strips. Roll the fabric to your scalp and tie the ends together. Repeat all over your head and keep the fabric ties in overnight. Shake out in the morning.



Finish by rolling the fabric up to your scalp and tying the ends.

• **Tools to try:** Tony Odisho Large Mixed Bristle Paddle Brush (\$42, tonyodisho.com), Toni&Guy Classic Wave Memoriser (\$15, Target)



NO-HEAT STYLE CHEATS

These looks work with unwashed, damp, or just plain can't-walk-outta-the-house-like-*this* hair.



The Crisscross Pony

A simple tweak from L'Oréal Paris hairstylist Mara Roszak elevates the humble ponytail from gym-only to polished style. "This technique is perfect for fine, thin hair because it helps make a puny tail appear thicker," Roszak says.

1 | Create your tail.

Pull your hair back as if you're making a ponytail but divide it into three sections. Secure the center section into a tail with an elastic. You should be left with two loose sections on either side.



2 | Finish it off.

Take the section of hair on the left side of your head and cross it over and under the center ponytail; pin it discreetly into the elastic from below. Repeat with the other side.



• **Tools to try:** DCNL No Crimper Elastics (\$3, sallybeauty.com), RickyCare U-Pins (\$6, rickysnyc.com)



A Sideways Braid

Taming thick waves or curls can suck up your entire morning—unless you pull your hair back into this chic braid from Stephen. "Textured hair helps make the braid look thicker and cooler," she says.

1 | Use the right product.

Create a side or middle part. Mist texturizing spray through fine hair, or work styling cream through curly hair.



2 | Get braiding.

Start the braid at the center back of your head, incorporating pieces into the plaiting as you go. Pull the braid to one side as you move toward the end.



3 | Secure with clear elastics.

Tug on the plaiting to loosen for a more casual look.

• **Tools to try:** Schwarzkopf Essence Ultime Omega Repair & Moisture 11-in-1 Hair Beautifier (\$7, Walmart), Blax Snag-Free Hair Elastics (\$4, amazon.com)



Rx

Beauty Updates, Fixes & Finds



PRO TIP

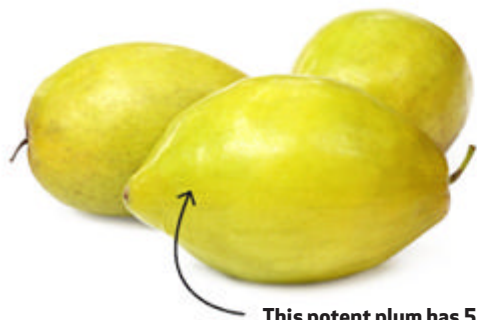
Glow more with a simple trick

Months of cold weather can sap skin of moisture, making it look like dull silverware. For a fast fix, mix a liquid luminizer like **Revlon PhotoReady Skinlights Face Illuminator** (\$12, Target) with moisturizer in the palm of your hand and smooth all over, says makeup artist Desirae Cherman. Silvery tones look best on fairer complexions, while warmer shades flatter darker skin.

INGREDIENT INSIDER

A skin saver called what?

The kakadu plum is loaded with vitamin C, a powerful, proven antiager in beauty products that helps fight dark spots and fine lines. Native to the Australian outback, this small wonder also packs hydrating vitamin E. Try **Dermadoctor Kakadu C Amethyst Clay Detox Mask** (\$58, dermadoctor.com) or **Jurlique Purely Bright Treatment Serum** (\$60, Sephora) to turn on some radiance.



This potent plum has 55 times more vitamin C than a navel orange!

WE TRIED IT

You'll get serious mileage out of a new hydrator

To deal with styling damage and the elements, your hair needs some care and feeding. Whenever it feels dry, use a deep conditioner like **Living Proof Perfect Hair Day Night Cap Overnight Perfector** (\$28, Sephora). Run one or two pumps through damp or dry hair before bed to keep strands soft through the next five times you shampoo and condition. Our fine-haired tester raved about its light texture.



NEW + GOOD

Gentle, one-swipe cleansing

Micellar water, a liquid face wash making waves overseas, is now popular in the U.S.—and it's a great daily cleanser for all skin types. "These washes use a dirt-attracting molecule, not harsh detergents, to get rid of grime," says dermatologist Jeannette Graf, M.D., of NYC's Mount Sinai Medical Center. Squirt it onto a cotton pad and wipe over skin and eyelids; no rinsing needed. Try **Simple Skincare Micellar Cleansing Water** (\$7, drugstores) or **Avène Micellar Lotion Cleanser and Make-Up Remover** (\$30, drugstore.com).



STUDY BUZZ

Caffeine helps his hair—and yours

A staple ingredient in hair thickeners, caffeine has mostly been tested on men—until now. In a new study from the *British Journal of Dermatology*, scientists applied a caffeine solution to male and female scalp tissue and found more growth in the women's group. It's thought that the energizer signals follicles to pump out more hair. Try a caffeinated serum like **Thicker Fuller Hair Instantly Thick Serum** (\$5, Walmart).



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GOOD EATING

The average American eats 250 eggs each year.

The

BY SHAUN DREISBACH

Almighty

Egg

We went on an egg hunt and found that the little oval guy has impressive health bona fides. All the facts, plus new and scrumptious recipes, are right here. Ready to get crackin'?

Easter eggs date back to pre-Peeps times: the 13th century.

The Sunny Side of Eggs

Health experts consider eggs to be “the perfect protein.”

Some believe they're second only to breast milk in terms of nutrition. The reason? Complete proteins are those that contain all nine of the amino acids that your body can't produce on its own—and that it needs for good health. Eggs deliver all nine, and those amino acids are especially high quality, experts say.

Eating eggs could help you lose weight.

According to a recent study at the University of Missouri, people who ate a protein-rich breakfast that included eggs felt fuller longer, had fewer food cravings, and snacked less than those who either skipped breakfast or had a carb-rich morning meal—say, a bagel. And one study found that when dieters ate two eggs for breakfast over two months, they lost 65% more weight than those who had a breakfast that contained the same number of calories but no eggs. Researchers think that the protein-rich egg breakfast was so satiating that the people were less likely to overeat later in the day.

If you're a healthy adult, eggs don't put your ticker at risk.

Starting in the 1960s, eggs were off the menu for many of us because it was thought that the cholesterol found in yolks raised the cholesterol levels in your blood, upping the risk of heart disease. But over the past several decades, research has debunked that myth. It turns out that most cholesterol is made in your body, not drawn from the foods you eat. (And trans/saturated fats are the real culprits that have an unhealthy effect on your cholesterol levels.) The latest egg endorsement comes from research in the British medical journal *BMJ*: Healthy adults who ate higher amounts of whole eggs (up to one a day) were no more likely to develop heart disease or stroke than those who ate the least. So go ahead, eat up!

YOLK + WHITE = HEALTHY

If you eat only the whites, you're missing lots of amazing nutrients. Check out all the goodness a whole egg has to offer.

The Yolk

- You need fat to feel satisfied, and all 5 grams in a large egg are in the yolk. That includes beneficial omega-3 fatty acids.
- The yolk contains more of the egg's vitamins and minerals than the white—including 95% of its folate, which helps reduce heart disease and stroke risk, and vitamins B6 and B12, which fend off fatigue and memory loss. All of the egg's vitamins A, E, K, and D are in the yolk. In fact, eggs are one of the few natural food sources of D, which promotes bone health and can even help reduce hypertension.
- Almost all of the choline in eggs is found in the yolk. That's an important nutrient for brain and liver function.
- Yolks are a big source of lutein and zeaxanthin. These carotenoids help promote eye health, and not many other foods have them!

9
MIN.

8
MIN.

Behold, your perfect soft-to-hard boiled egg guide. Drop into boiling water and choose the cooking time you like best.



The White

- One egg white has virtually no fat and just 17 calories (a whole egg has less than 80).
- More than half of the 6 grams of protein in an egg is found in the white.
- The white contains most of the egg's niacin, riboflavin, and magnesium. Niacin helps nerves function, riboflavin plays a role in red blood cell production, and magnesium aids in keeping blood pressure and cholesterol in check.



AVOCADO EGG CUPS

PREP 5 min COOK 25 min SERVES 4

- 2 ripe avocados
 - $\frac{1}{4}$ tsp coarse salt
 - $\frac{1}{4}$ tsp pepper
 - $\frac{1}{2}$ tsp olive oil
 - 4 medium eggs
 - 1 Tbsp grated cheese, such as Parmesan, cheddar, or Swiss (optional)
- Assorted toppings: herbs, scallions, salsa, diced tomato, crumbled bacon, sriracha, paprika, crumbled feta

Heat oven to 375°F. Halve avocados lengthwise and pit. Cut a very thin slice from bottom of each avocado half so that it sits level. Where the pit was, scoop out just enough of the flesh (about $\frac{1}{2}$ Tbsp) to make room for an egg.

Place avocados on a foil-lined rimmed baking sheet. Season each with salt and pepper, and rub with olive oil.

Crack an egg into each cavity (some of the egg white will run over the side, but don't worry about it). Sprinkle with cheese, if using. Cover loosely with foil.

Bake 20 to 25 min, or until eggs are set to your liking.

Sprinkle with toppings.

EACH SERVING 220 cal, 19 g fat (3 g saturated), 7 g protein, 9 g carb, 1 g sugar, 7 g fiber, 180 mg sodium, 139 mg cholesterol



Freshness Test

If you drop an egg in a bowl of water, the older it is, the more likely that it will float to the top. P.S. Fresher eggs are ideal when frying or poaching because they hold their shape better. Those you've had for closer to three or four weeks are best for boiling (they're easier to peel).





ITALIAN EGG DROP SOUP

PREP 1 min COOK 20 min SERVES 4

- 1 leek, sliced and rinsed well
- 6 cups low-sodium chicken broth
- 3 large eggs
- $\frac{1}{3}$ cup grated Parmesan cheese, plus more for serving
- $\frac{1}{2}$ tsp coarse salt
- $\frac{1}{4}$ tsp pepper
- 1 (5-oz) clamshell baby spinach
- 4 tsp store-bought pesto
- Grated nutmeg (optional)

Simmer leek in broth in a large pot until tender, about 5 min. Meanwhile, whisk together eggs, cheese, salt, and pepper. **Gradually** add egg mixture to simmering broth, whisking constantly. Add spinach and cook until wilted, about 30 seconds. Bring soup to a simmer again.

Ladle into bowls. Top each serving with 1 tsp pesto, a pinch of fresh nutmeg, if using, and more cheese.

EACH SERVING 200 cal, 10 g fat (3 g saturated), 16 g protein, 10 g carb, 2 g sugar, 2 g fiber, 608 mg sodium, 148 mg cholesterol

Best Way to Crack an Egg

Use a flat surface, says Adrian Westrope of the New England Culinary Institute. Why? Fewer shell bits (and contaminants) end up in the pan or bowl.



Your Egg Carton Decoder

This label is about what's in the egg

Omega-3 Farmers fortify eggs with healthy omega-3 fatty acids by adding rich sources, like flaxseed or algae, to chickens' feed. You'll definitely get a boost over the 47 mg in nonfortified eggs, but how *much* more varies.

These labels tell you about the way the chickens were raised

Cage-free The hens are corralled inside a barn or warehouse together, rather than a cage. The problem with this label is that the government doesn't regulate how much space the birds get—they could be packed in together like sardines, for all you know.

Pasture-raised The government doesn't have any hard rules for this term. But typically it means that the hens live outdoors for most of the year in open fields and get to do all the stuff they'd do in the wild, like perch and forage, says Patricia Hester, Ph.D., a professor of animal sciences at Purdue University.

Free-range The chickens don't live in cages and do have access to the outdoors, although exactly how much space they have to run around in isn't defined—it could be acres or a postage stamp-size plot of land, according to Josh Balk, director of food policy for the Humane Society of the United States.

Certified humane This stamp added to terms like “cage-free,” “pasture-raised,” or “free-range” means strict standards were set for things like the size of living space and the quality of the hens' feed—and a third-party organization audits farms to make sure there's compliance, says Balk. If chicken treatment matters to you, “certified humane” are the words to look for.

Certified organic These eggs come from hens that are uncaged and given access to the outdoors, although the amount of space they have to roam is not regulated. Their feed doesn't contain chemicals, fertilizers, or antibiotics. Look for the “USDA certified organic” seal; you can trust it more than a general “organic” label.

A few more labels, demystified:

HORMONE-FREE

Whether a carton has this label or not, rest assured: The USDA doesn't allow hormones to be pumped into birds in the U.S.



FARM FRESH

"Fresh," along with "natural," is just a comforting word that many companies add to their cartons. All eggs, thankfully, are fresh and natural.



ANTIBIOTIC-FREE

Not so meaningful, because all eggs produced in the U.S. are free of antibiotics. (When sick chickens get antibiotics in their feed, the eggs get tossed.)



SO WHICH EGGS DO TOP DOCTORS BUY?

USDA Organic. They may cost a bit more, but the extra buck or two per dozen is worth it to top docs such as David Katz, M.D., M.P.H., director of the Yale-Griffin University Prevention Research Center, who like knowing that the chickens were fed a pesticide-free diet. "It's true that you are what you eat," Katz says—but you're also eating what your meal ate.



BROWN EGGS

People think they're wholesome, but brown ones are the same as white eggs. Get this: If a chicken has white earlobes, you get white eggs; red earlobes = brown eggs.

GRADE A

Means the egg inside is thick and firm. (Grade B eggs have thinner egg whites.)



GOOD EATING



SCRAMBLED EGG BURRITO

PREP 5 min COOK 12 min SERVES 4

- 2 tsp olive oil
- 2 cups chopped broccoli
- 3 scallions, sliced, whites and greens separated
- $\frac{1}{4}$ tsp coarse salt
- Freshly ground pepper
- 4 large eggs
- $\frac{1}{2}$ cup drained black beans
- 2 (10-inch) whole-grain flour tortillas
- $\frac{1}{2}$ cup grated cheddar cheese
- $\frac{1}{4}$ cup cilantro leaves
- $\frac{1}{2}$ cup salsa

Heat oil over medium-high heat in a skillet. Add broccoli and scallion whites, and season with $\frac{1}{8}$ tsp salt and pepper to taste. Cook until broccoli is crisp-tender, 4 to 6 min.

Meanwhile, whisk eggs with remaining $\frac{1}{8}$ tsp salt and pepper to taste. Stir in scallion greens and beans. Add egg mixture to broccoli. Cook, stirring to scramble eggs, until set, about 4 min.

Sprinkle tortillas with cheese and cilantro. Top with scrambled eggs. Roll up tortillas into burritos, folding in ends as you go. Cut each in half, and serve with salsa.

EACH SERVING 297 cal, 14 g fat (5 g saturated), 17 g protein, 26 g carb, 2 g sugar, 14 g fiber, 668 mg sodium, 201 mg cholesterol

SHAKSHUKA (EGGS IN TOMATO SAUCE)

PREP 5 min COOK 35 min SERVES 4

- 1 large onion, sliced
- 1 large red bell pepper, cut into $\frac{1}{2}$ -inch strips
- 3 garlic cloves, sliced
- 2 Tbsp olive oil
- 1 (28-oz) can diced plum tomatoes
- $\frac{1}{2}$ tsp coarse salt
- $\frac{1}{4}$ tsp pepper
- 1 tsp cumin
- 1 tsp paprika
- Pinch of cayenne pepper
- 4 large eggs
- $\frac{1}{4}$ cup chopped parsley
- Whole wheat pita, for serving (optional)

Cook onion, bell pepper, and garlic in oil in a large skillet over medium-high heat until onion is golden-brown and pepper is tender, 8 to 10 min.

Stir in tomatoes and any juice, salt, pepper, and remaining spices. Simmer for 15 min.

Make 4 indentations in the sauce and crack an egg into each. Reduce heat to low, and cover pan. Cook 8 to 10 min, or until eggs are set to your liking.

Sprinkle with parsley, and serve with pita.

EACH SERVING 213 cal, 12 g fat (3 g saturated), 9 g protein, 14 g carb, 10 g sugar, 4 g fiber, 761 mg sodium, 186 mg cholesterol



EGG SAFETY 101

Don't leave your eggs out at room temperature. The good news is that salmonella is not as much of a risk with eggs today as it was a few decades ago. In fact, only 1 in 20,000 eggs is contaminated with it, according to the Centers for Disease Control and Prevention. "But on the off

chance that the eggs do have salmonella, keeping them out would allow the bacteria to multiply," says Elizabeth Andress, Ph.D., head of the National Center for Home Food Preservation and a professor of food safety at the University of Georgia. So keep 'em at 40°F or lower.

But even in the fridge, eggs don't last forever. Scope out the sell-by date on the carton—your eggs should be good for about a month past that date. Yes, that's a smart reason to keep them in their original carton, rather than in the egg holder that came with your fridge.



TOTAL HEALTH

IT ALL ADDS UP.

WATCH WEEKDAYS | DoctorOz.com

new!
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RECIPE



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0% ARTIFICIAL
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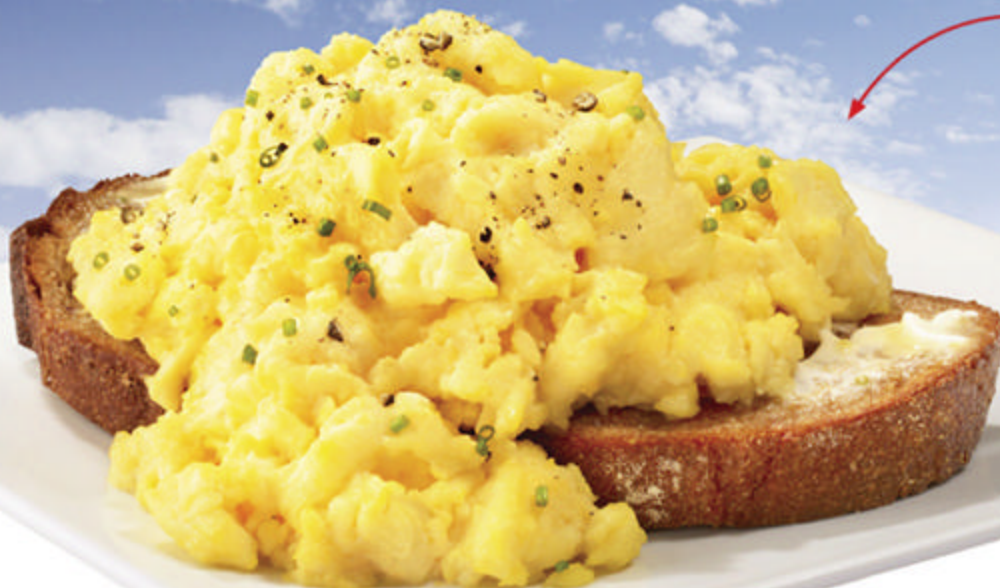
*One serving (1 Tbsp.) contains 295mg of omega-3 ALA, which is 18% of the 1.6g daily value for ALA.

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BREAKFAST

For fluffier scrambled eggs, whisk 1 tbsp. of a buttery spread like **I Can't Believe It's Not Butter!**® into 4 eggs and pour into a hot, greased pan.



LUNCH

Enhance your salads and sandwiches by adding avocado—a source of energy since it contains good fats.



SNACK

Reach for a handful of protein-rich trail mix made of almonds, sunflower seeds and raisins.



DINNER

Get more good fats by sautéing salmon and veggies (like green beans and spinach) in simple and delicious buttery spreads.

OH MY GOOD...FATS

The surprising truth about fats—some of them are actually good for you! Several foods you love contain good fats that give you essential fatty acids like omega-3 ALA and omega-6 LA.

Incorporate delicious avocados, almonds, and buttery spreads made with plant-based oils, like **I Can't Believe It's Not Butter!**® into your meals any time of day to get more good fats.



Visit **ICantBelieveItsNotButter.com**
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GOOD EATING

ROTISSERIE CHICKEN
a great head start

YOUR QUICKIE DINNER KIT

The delicious, healthy meals in our pullout booklet come together in 20 minutes or less, from unpacking groceries to “Let’s dig in.”

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SALSA for instant flavor

RECIPES BY
SUSAN SPUNGEN
PHOTOGRAPHED BY
CHRISTOPHER TESTANI



See inside for these recipes and more!

Taco Baked Potato



Rigatoni with Broccoli Sauce



Baked Salmon with Tomatoes



MORE FAST-DINNER STAPLES

- Canned beans (black, chickpeas, pinto, white)
- Canned and fresh tomatoes
- Canned tuna
- Whole-wheat pastas
- Cheese (cheddar, feta, goat, Parmesan)
- Greek yogurt
- Tofu
- Frozen vegetables
- Frozen brown rice (microwave to heat)
- Low-sodium chicken broth
- Mustards (Dijon, grainy, honey)
- Low-sodium soy sauce
- Packaged salad greens
- Potatoes
- Onions, garlic, scallions

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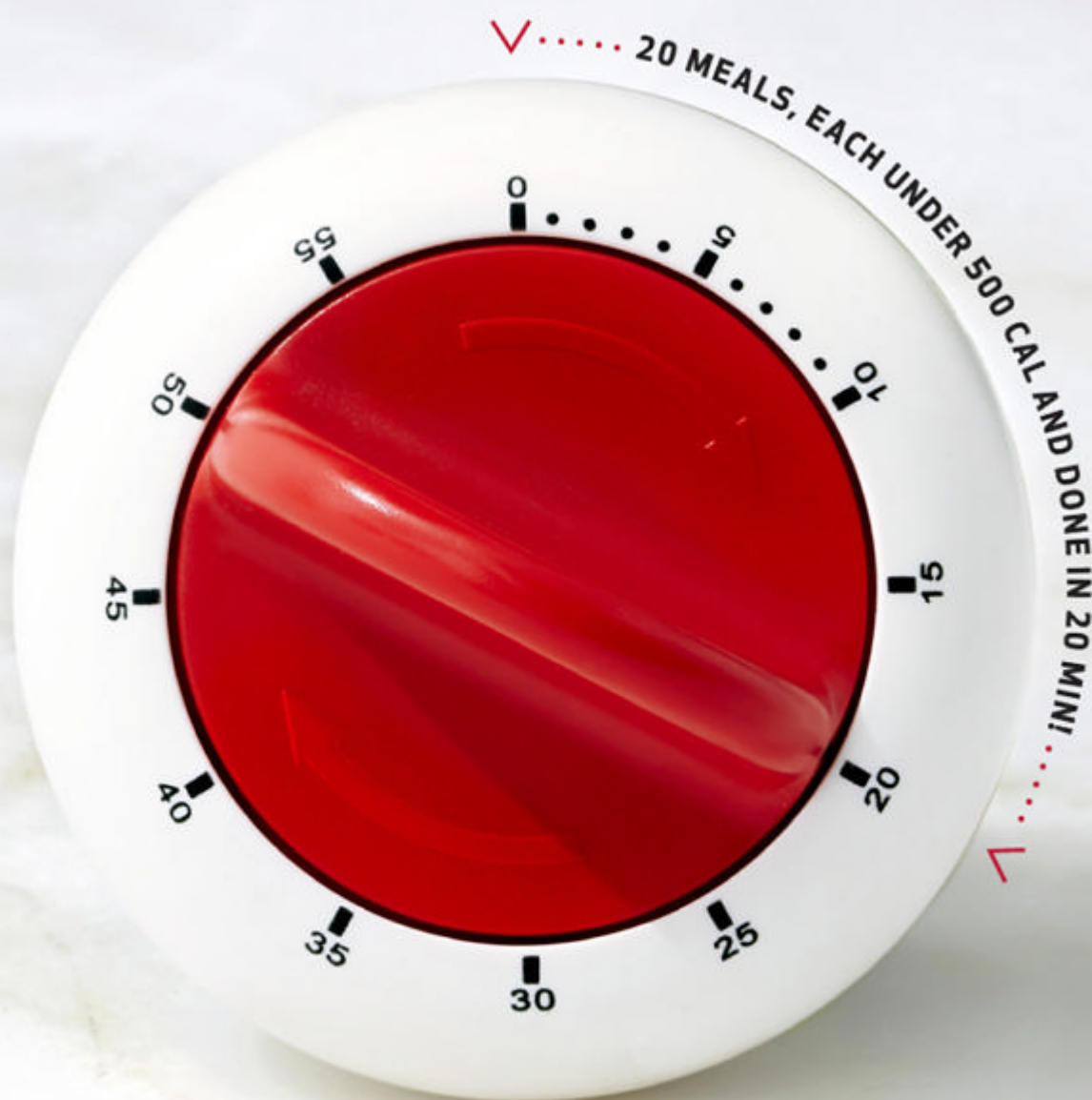
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DR. OZ THE GOOD LIFE

Handbook

Smart Dinners in a Hurry

APRIL 2015



FAST FOOD THE OZ WAY

Pick a good-for-you main ingredient: salmon, chicken, tofu, beans, or whole wheat pasta. Then start the countdown to dinner deliciousness.

All recipes serve four.

PASTA

Spaghetti with Asparagus and Egg

Cook 12 oz **whole wheat spaghetti**, adding 1 lb chopped **asparagus** to pot 3 min before pasta is done cooking; drain. Cook 2 sliced **garlic cloves** in 2 ½ Tbsp **olive oil** over medium heat, 2 min. Add ½ cup **whole wheat bread crumbs** and 1 tsp **dried oregano** and cook, 3 min. Season with ½ tsp coarse salt and ¼ tsp pepper. Stir in pasta and asparagus. Top each serving with a **fried egg**.

Tuna Puttanesca

Cook 12 oz **whole wheat shells**; drain. Cook 2 chopped **garlic cloves**, ¼ cup chopped **kalamata olives**, and 1 Tbsp chopped **capers** in 2 Tbsp **olive oil** over medium heat, 3 min. Add one 28-oz can diced **tomatoes** with juice and pinch **red pepper flakes**. Cook, 5 min. Toss tomato sauce with pasta and one 5-oz can **oil-packed tuna**, drained.

Penne with Shrimp

Cook 12 oz **whole wheat penne**; drain and reserve ¼ cup water. Cook 8 oz thawed frozen uncooked **shrimp** in 2 Tbsp **olive oil** in a large nonstick skillet over medium heat, stirring, 3 min. Season with ½ tsp coarse salt and ¼ tsp pepper. Add 1 chopped **garlic clove** and ¾ cup frozen **peas** and cook, 2 min. Stir in 1 Tbsp **unsalted butter**, the pasta, and reserved water. Simmer, 1 min. Top with 2 oz crumbled **feta**.

Rigatoni with Broccoli Sauce

Cook 12 oz **whole wheat rigatoni**; drain and reserve ¼ cup water. Cook 1 chopped **garlic clove** in 2 Tbsp **olive oil** over medium heat, 1 min. Add 5 cups **broccoli florets** and 1 cup water. Cook, covered, on medium-high, 7 min. Uncover. Cook, breaking up broccoli, until water evaporates. Add pasta, reserved water, and ¼ cup grated **Parmesan**. Season with ½ tsp coarse salt, ¼ tsp pepper, and pinch **red pepper flakes**.

SALMON

Baked Salmon with Tomatoes

Combine 1 thinly sliced small **red onion**, 1 pint **cherry tomatoes**, ⅓ cup chopped **kalamata olives**, ½ tsp dried **thyme**, and 1 Tbsp **olive oil** in a roasting pan. Bake at 425°F, 10 min. Season four 6-oz **salmon fillets** (skin removed) with ¼ tsp each coarse salt and pepper. Bake with tomato-onion mix, 10 min more. Serve with cooked frozen **brown rice**.

Salmon Miso Soup

Cook 2 chopped **scallion whites** in 2 Tbsp **canola oil** over medium heat, 1 min. Add 1 sliced **carrot** and 4 cups **low-sodium chicken broth**. Bring to a boil, then simmer, 5 min. Stir in 2 cups sliced **mushroom caps**, 2 cups **baby spinach**, and 3 Tbsp **white miso**. When very hot, add 8 oz thinly sliced **salmon fillet** (skin removed) and cook until opaque, 1 min. Top with more **scallion**.



**Baby spinach
heats up in
a minute for
a built-in side.**



Salmon with Mustard Sauce

Season 1½ pounds **salmon fillet**, skin removed and fish cut into chunks, with ½ tsp coarse salt and ¼ tsp pepper. Cook, turning to brown on all sides, in 1 Tbsp **olive oil** in a large nonstick skillet over medium-high heat, 6 to 7 min; transfer to a bowl. Wipe out skillet and wilt one 11-oz clamshell **baby spinach**, 1 min. Whisk ½ cup nonfat **Greek yogurt** with 1 Tbsp **grainy mustard**. Divide 2 cups **cooked quinoa** among 4 plates and top with salmon, spinach, and mustard sauce.

Soy-Glazed Salmon

Whisk together 2 Tbsp **honey mustard**, 1 Tbsp **low-sodium soy sauce**, and $\frac{1}{2}$ tsp **ground ginger**. Spoon over four 6-oz **salmon fillets** (skin removed). Broil on a foil-lined baking sheet (5 inches from heat), 3 to 5 min. Serve with cooked **soba noodles** and 2 cups steamed **broccoli**.

CHICKEN

Rich Chicken Soup

Cook 1 chopped small **onion** in 2 Tbsp **olive oil** in a medium pot over medium-high heat, 2 min. Season with $\frac{1}{2}$ tsp coarse salt and $\frac{1}{4}$ tsp pepper. Add 2 cups precut **butternut squash** (cut into $\frac{1}{2}$ -inch cubes), one 15.5-oz can **pinto beans**, drained, and 4 cups **low-sodium chicken broth**. Bring to a boil, then simmer, 7 min. Add 2 cups shredded **rotisserie chicken** (skin removed) and 1 bunch chopped **broccoli** and simmer, 2 min.

Chicken Fried Rice

Scramble 2 beaten **eggs** in 1 Tbsp **vegetable oil** in a large nonstick skillet over medium heat, 2 min; transfer to a plate. In same pan, cook 3 cups cooked frozen **brown rice**, one 10-oz package frozen **mixed vegetables**, and 1 cup chopped **snow peas** in 1 Tbsp vegetable oil, 3 min. Stir in 2 cups shredded **rotisserie chicken** (skin removed), 2 Tbsp **low-sodium soy sauce**, and the eggs. Top with chopped **scallion**.

Chicken Quesadillas

Divide 2 cups shredded **rotisserie chicken** (skin removed), 1 cup canned **black beans**, drained, $\frac{1}{4}$ cup chopped **pickled jalapeños**, and 1 cup crumbled **goat cheese** among 4 whole-grain 8-inch **tortillas**. Fold tortillas in half. Bake at 400°F, 10 min. Toss a mix of 4 cups chopped **romaine** and **cherry tomatoes** with 1 Tbsp fresh **lime juice** and 4 tsp **extra-virgin olive oil**. Serve quesadillas with salad and **salsa**.

Chicken and Pita Salad

Toss 3 cups shredded **rotisserie chicken** (skin removed), 2 chopped **beefsteak tomatoes**, 1 cup **parsley leaves**, $\frac{1}{2}$ chopped **cucumber**, $\frac{1}{4}$ sliced **red onion**, 1 cup crumbled **feta**, and 4 torn toasted **whole wheat pitas** with 2 Tbsp **olive oil**, 1 Tbsp **red wine vinegar**, and $\frac{1}{4}$ tsp each coarse salt and pepper.

TOFU

Barbecue Tofu

Cook 1 sliced small **onion** in 2 Tbsp **olive oil** in a nonstick skillet over medium-high heat, 6 min. Add 10 oz thawed frozen **corn kernels**. Cook, 3 min. Season with $\frac{1}{2}$ tsp coarse salt and $\frac{1}{4}$ tsp pepper. Set aside. In skillet, sear 14 oz **firm tofu**, cut into 4 steaks, flipping once, 4 min. Add $\frac{1}{4}$ cup **barbecue sauce** and $\frac{1}{4}$ cup water. Simmer, turning to coat, 2 min. Serve with corn and 2 cups steamed **green beans**.



**Tofu cooks
in a snap
and is extra
tasty with
barbecue
sauce.**



**Thanks to
rotisserie
chicken and
frozen veggies,
there's next
to no prep for
this fried rice.**

Miso-Glazed Broiled Tofu

Whisk together 2 Tbsp each **mirin** and **low-sodium soy sauce** with 1 Tbsp **white miso**, 2 tsp **sesame oil**, and $\frac{1}{2}$ tsp **ground ginger**. Pour over one 14-oz block **firm tofu**, cut into 4 steaks. Broil (5 inches from heat), 3 to 4 min. Cook 4 bunches (8 oz) chopped **bok choy** in 1 Tbsp **sesame oil** over medium heat, 2 min. Serve with tofu and cooked **soba noodles**.

Tofu Green Curry

Cook 1 sliced **shallot** in 1 Tbsp **vegetable oil** in a large nonstick skillet over medium-high heat, 2 min. Stir in 2 Tbsp **green curry paste** and cook, 1 min. Add one 14-oz block **firm tofu**, cut into chunks, 3 cups quartered **white button mushrooms**, 2 cups chopped **green beans**, 1 pint **grape tomatoes**, and one 13.5-oz can **light coconut milk**. Simmer, 10 min. Season with $\frac{1}{2}$ tsp coarse salt and $\frac{1}{4}$ tsp pepper. Serve with **lime wedges**.

Open-Face Tofu Reuben Sandwich

Halve four 3-oz pieces prebaked **tofu** to make thin slabs. Spread 2 Tbsp **Dijon mustard** on 4 slices **rye toast**. Top toasts with tofu, 1 cup drained **sauerkraut**, 1 sliced **avocado**, and 4 slices **Jarlsberg cheese**. Bake at 400°F until melted, 10 min.

BEANS

Chickpea and Vegetable Stew

Cook 1 chopped small **onion** in 2 Tbsp **olive oil** in a medium pot over medium-high heat until softened, 3 min. Season with $\frac{1}{2}$ tsp coarse salt and $\frac{1}{4}$ tsp pepper. Add 3 sliced **carrots** and 2 chopped small **zucchini** and cook, 6 min. Stir in 1 tsp **curry powder** and cook, 1 min. Add one 15-oz can **crushed tomatoes** and one 15-oz can **chickpeas**, drained. Simmer on low, stirring occasionally, until thickened, 10 min.

Butter Bean Salad with Tuna

Toss one 15.5-oz can **butter beans**, drained, 1 pint mixed **cherry tomatoes**, halved, $\frac{1}{2}$ cup chopped **parsley leaves**, one 5-oz can **olive oil-packed tuna**, drained, and one 5-oz clamshell **baby arugula** with 2 Tbsp **olive oil** and 1 Tbsp **red wine vinegar**. Season with $\frac{1}{2}$ tsp coarse salt and $\frac{1}{4}$ tsp pepper. Top each serving with 1 sliced **hard-boiled egg**.

Taco Baked Potato

Prick 4 medium **russet potatoes** all over with a fork. Microwave on high, 7 min. Turn potatoes over and microwave 8 min more. Set potatoes aside. In a microwave-safe bowl, combine one 15.5-oz can **black beans**, drained, and $\frac{1}{2}$ cup **salsa**, and cover. Microwave on high, 2 min. Split potatoes in half. Divide bean mixture among potatoes, as well as $\frac{1}{2}$ cup grated **cheddar**, $\frac{1}{2}$ cup **nonfat Greek yogurt**, sliced **scallions**, and more salsa.

Sausage and Kale Stew

Cook 4 links **turkey sausage** (removed from casings and crumbled) in 2 Tbsp **olive oil** in a large heavy-bottomed pot over medium-high heat, 5 to 6 min; transfer to a plate. Add 1 sliced small **onion** and 1 chopped **garlic clove** and cook, stirring, 2 min. Stir in one 5-oz clamshell **chopped kale** and cook, 2 min. Add one 15.5-oz can **cannellini beans**, drained, 1½ cups **low-sodium chicken broth**, and the sausage. Simmer, mashing beans with a fork, 5 min. Season with ¼ tsp pepper.



**Canned beans
and pre-chopped
kale make
this stew both
fast and filling.**

PROMOTION

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How Chefs Lose Weight

High-pressure jobs, endless eats, late-night drinks: For these three food stars, the cooking life was a recipe for weight gain. So how did they drop the pounds? By resetting their diets, the yummy way.

BY JOCELYN C. ZUCKERMAN



Jenn Louis

Lost 40 pounds cutting portions, not dessert!

How She Gained

Jenn Louis had always been, in her own words, a “skinny kid.” But a few years ago, the chef and co-owner of Lincoln Restaurant and Sunshine Tavern in Portland, OR, noticed a change. “I put on weight when I met my husband,” she says. Both in the restaurant biz, they worked long nights and, in their rare spare time, were more likely to eat at other restaurants or order takeout than cook at home. “I would eat pasta almost every night or burritos from the Mexican place down the street,” she remembers. “It’s the laws of physics. I was eating more than I was working off.”

Learning to Lose

Louis called her mom, who had followed a Weight Watchers regimen years earlier. Her mother schooled her in the program’s pointers on portion control. “She said, ‘This is how much protein you should have...,’” recalls Louis, who says she realized it’s possible to go overboard even on healthy foods, such as fruit.

She watches portions to this day but remembers the adjustment phase. “You’re a little hungry—and it sucks,” she explains. But as the body gets used to a new routine, things get “much more comfortable.”

Exercise also helps; she now does cardio six days a week, switching things up between the treadmill and the elliptical machine.

Louis even managed to write her new cookbook, the carb-friendly *Pasta by Hand*, without piling on the pounds. Her trick: Stick with a small amount of noodles—3 ounces dried—and fill out the meal with vegetables.

But nothing is off-limits, and that goes for sweets and drinks. “When you start denying yourself, then you just get unhappy,” Louis says. “You want a cookie? Have a cookie. But you can’t have one every day. It’s about choices.”

Jenn’s Go-to Foods

► Shredded cabbage and carrot salad with apple thrown in. (“It’s filling because there’s lots of water, and satisfying because it’s crunchy.”)

► Plain Greek yogurt. “It’s the best.” Cut up fruit and add it in rather than buying sugary fruit-flavored yogurt.

► Grilled chicken and roasted veggies. Make extra of both to use in salads the next day.





Marco Canora

Lost 25 pounds
with more veggies,
fewer burgers

How He Gained

Several years of cooking under Tom Colicchio (of *Top Chef* fame) and then in the kitchen of his own New York City hot spot, *Hearth*, left Marco Canora overweight and exhausted. “The lifestyle of a chef is really conducive to horrible health,” he says. “You’re working long hours, and you’re surrounded by booze. Man, 80% of my calories came from bread and butter, and the other 20% came from meat and alcohol.” Nightly staff meals at restaurants, Canora explains, are traditionally heavy on refined carbs and fatty cuts of meat. For decades he would follow dinner with a night of tasting in the kitchen—and then cap things off with a post-work, pre-dawn burger-and-beer outing.

Finally, in 2009, Canora saw the big picture, literally and figuratively: *I don’t feel good, I’m really tired, and I’m really fat*, he remembers thinking. He was told he had prediabetes, a poorly functioning thyroid, and gout, a form of arthritis associated with heavy drinking and eating meat. The news “scared the s—t out of me,” he admits.

His No-Diet Diet

Determined to make changes, Canora threw himself into research on nutrition and decided to take some vital steps: He would

eat breakfast, cut down on sugar and processed foods, and up his intake of vegetables.

But as a chef, he just couldn’t fathom a life of eating celery sticks. He channeled his energy and cooking skills into developing recipes that starred veggies, lean meats, and whole grains—but were still rib-sticking. The offerings he came up with, featured in his new cookbook, *A Good Food Day*, include dishes like salmon tacos with guacamole and ginger-scallion turkey burgers. The best health foods, he writes, should “taste so good that you look forward to eating them.”

“Have a 
cheat day.
Eat well
90% of
the time;
splurge the
other 10%.”



Marco’s Go-to Foods

- ▶ **Steel-cut oats with coconut milk:** Cook 2 cups oats with $\frac{3}{2}$ cup each unsweetened coconut milk and almond milk, 4 cups water, and a pinch of salt, for about 15 min. Add a cinnamon stick, and refrigerate overnight. Reheat in the morning, thinning with almond milk. (Serves 6 to 8)
- ▶ **Cranberry-bean soup with farro.** (“My mom’s Tuscan, and Tuscans are famous for loving beans.”)
- ▶ **Whole wheat rigatoni with mushrooms and spinach.**
- ▶ **Salmon and arugula salad with pomegranate seeds.**
- ▶ **Dark-chocolate cookies made with whole-grain flour and oats.**



Gina Neely

Lost 32 pounds by cutting out the fried stuff

How She Gained

Gina Neely spent years in front of the cameras as the cohost of Food Network's popular series *Down Home with the Neelys*, whipping up dishes like fried chicken tenders and sweet cola ribs—and eating them as well. “You couldn’t pass a piece of corn bread in front of my face without my wanting it,” says the mom of two. With her nonstop schedule, Neely was also a regular at the drive-through windows of McDonald’s and Popeyes. Then a visit to the doctor revealed that along with the extra weight Neely was carrying, she had high blood pressure, a condition that runs in her family.

Goodbye, Junk Food

In 2012, Neely signed on for a weight-loss challenge sponsored by George Foreman Grills. What it involved: 12 weeks of eating prescribed meals three times a day, none of which exceeded 500 calories, along with healthy snacks every three hours. Thanks to the challenge, she lost 20 pounds. “That really was my turning point,” she says.

To keep her momentum going (she has since lost another 12 pounds), Neely cleared out the junky snacks in her pantry, including some beloved lemon sandwich cookies. “We had a little party. I binged, and then I said goodbye,” Neely remembers.

Funnily enough, she rarely craves her old favorites anymore.

She now works out three days a week in addition to simply moving more. “I try to park far away and walk, and I try not to take any escalators unless there’s a crazy amount of floors,” Neely says.

While restaurants will always be a part of her life, Neely makes a point of cooking at home more, these days choosing to grill, bake, or broil. “I cut out fried food altogether,” she says. When she does eat out, she orders appetizers rather than entrées, or shares with a friend. “I’ve just trimmed back,” Neely says. “I’m getting this toxic crap out of my life and loving it.”

Gina's Go-to Foods

► Caesar salad with grilled chicken, sometimes with a hard-boiled egg for added protein (which helps stave off hunger).

► Sautéed kale with garlic and almonds.

► Sautéed cabbage with carrots, garlic, and red-pepper flakes.

► Carrot sticks. “I keep something in my purse at all times so that I

won’t be tempted to pull up at the drive-through.”

► Angel food cake served with Greek yogurt and berries. (The cake is famous for being naturally low in fat, but it’s important to find a recipe that’s also low in sugar.)

► For a treat, dark chocolate-covered almonds, instead of her old habit, a bag of candy.



“You start *
making
changes, then
it becomes a
lifestyle.
It feels
amazing.”

EAT LIKE DR. OZ

Juice bars have a health-hero reputation, but you still need the nutritional backstory. Juice is low in fiber, so it's best as a snack, not a meal; a smoothie is more filling but much likelier to sneak in fat and calories. With that in mind, here's what I'd sip and what I'd skip.

Drink up! Beet juice is almost always paired with something sweet, like orange, but the root veggie is full of folate, and raw beet juice has more of it than cooked or canned beets.

Go for it. This rock-star plant packs a healthy punch with amino acids, vitamins, and minerals.



juices

12 oz / 16 oz

super greens

kale, Swiss chard, pineapple

carrot fusion

carrot, apple

beet medley

orange, beet

build your own

spinach, cucumber, celery, parsley, apple

add-ins

chia seeds

wheatgrass

ginger

These greens are nutritional powerhouses, but they tend to be sugared up with pineapple, orange, or apple juice. Ask for just a dash of one sweet juice.

This combo is a winner if carrot juice is the main ingredient. A small glass meets your daily vitamin A needs for nearly a week.

Follow my Golden Rule for juicing and fill your cup with at least half vegetable juice. I use these in my go-to blend, plus lemon, lime, and ginger.

A 2-tablespoon serving of this super-seed has 8 grams of fiber, so adding it to low-fiber juice will help you stay full longer.

Beyond adding a spicy kick to your drink, ginger may also lower your cholesterol.



smoothies

16 oz / 22 oz

kale-o-rama

kale, apple, banana

mango tango

mango, pineapple

green tea chiller

green tea, frozen yogurt

berry-yogurt blast

mixed berries, yogurt

bananas for chocolate

banana, chocolate,
peanut butter

acai-mazing bowl

acai, granola, coconut

boosters

protein power

immune zinger

energy enhancer

antioxidant bump

This dessert in disguise may be the unhealthiest item on the menu. Dairy can mess with green tea's antioxidant powers, and there's not a fruit or veggie in sight.

Grab a straw. Berries and yogurt (get Greek if you can) make for a smart, nourishing breakfast with about 300 calories in a small cup. Just double-check that it's not made with sugary frozen yogurt or berry sherbet.

Whey protein and wheat germ are both good calls, but if it's not clear what's in this, ask for a list of ingredients and avoid anything you can't pronounce.

Vitamin C or zinc might give your immune system a boost, but I'd pass on most other immunity "aids"—they probably won't hurt you, but they likely won't help, either.

This can be a great choice, especially if you ask them to load up on the green stuff: 4 cups of raw kale yields about 5 grams of fiber. You can also save yourself a little sugar by asking for OJ instead of apple juice.

This tropical smoothie is often made with sherbet, and a popular chain's large size has a whopping 100 grams of sugar.

1,000 calories in a large cup? That's craziness. You could have a scoop of chocolate ice cream with a sliced banana instead for a quarter of the fat and calories.

Even innocent add-ins add up in smoothie bowls: One bowl at a major chain has over 800 calories! Treat it like a meal, not a snack, and save half for later.

Code for caffeine (maybe too much), questionable ingredients, or both. My vote? Stick to a cup of coffee for a jolt—you know exactly how it will make you feel.

I'd hold off. It's best to get your antioxidants straight from food, and with a booster, you risk getting too much of a good thing.




Are you a procrastin-eater?

Got a keyboard covered with telltale crumbs? You may be munching to put off un-fun work. Spot the problem, and learn a slimmer way to get it all done. BY JESSICA MIGALA

Procrastin-eating often starts with a little voice in your head. It might say: "I could use a wee snack to boost my energy before I tackle this. A few bites of ice cream and I'll be raring to go...."

Whether the thing you're putting off is doing your taxes or scrubbing the bathtub, your

mind has a preferred way of avoiding the unpleasant, says Piers Steel, Ph.D., a researcher who has analyzed hundreds of studies on procrastination and written a book called *The Procrastination Equation*. You could be the type who trolls Facebook or watches cat videos, but some of us hear

"When you perceive something as stressful, your brain yells 'Better fuel up!' so that it feels prepared to tackle the challenge." 

Mr. Cheese Puff calling our name. And wouldn't it be rude to ignore him? "When you're snacking to delay a chore or project, you're procrastin-eating," says Steel.

The reason you may end up having half a bag instead of just a few? Shoring up the motivation to tackle a project wrings your mental energy dry, reducing willpower and inhibitions. The result: "The emotional, reward-driven part of your brain demands, say, chocolate—and you've got no power to control it," explains Brendan Kelley, M.D., a behavioral neurologist at Ohio State's Wexner Medical Center.

"Any time there's an opportunity to motivate you to eat, your brain will take that opportunity," adds Drew Ramsey, M.D., an assistant clinical professor of psychiatry at Columbia University College of Physicians and Surgeons. "When you perceive something as stressful, your brain yells 'Better fuel up!' so that it feels more prepared to tackle the challenge."

Procrastin-eaters would have less to worry about if they tended to dig into a bowl of spinach, but "refined carbohydrates and sugar—foods that quickly spike blood glucose to boost cognitive performance—are the more common go-tos," says Ramsey. If you crave sweets and processed fare like chips at 3 P.M., it means your mind is looking for a jump

start to let you plow through your duties.

When reaching for a snack becomes a knee-jerk reaction, you can tell it's an ingrained habit. This happens because every time you do something pleasurable, reward centers in your brain release a surge of dopamine. Your brain loves dopamine, so it pushes you to repeat feel-good activities over and over. Snacking before doing becomes routine, and now you can't get anything accomplished without hitting the fridge or vending machine first. The inevitable result: weight gain.

So what's a procrastin-eater to do? Happily, "it's possible to rewire your brain to change your habits," says Kelley. Do that with small, incremental, and still-rewarding changes. For example, if you're a chips girl, measure out a single serving; down the road, try trading chips for another crunchy snack, like carrots and hummus, until your snack craving has diminished. Also, make your to-do's more fun, or at the very least more bearable—for example, put on music while you clean, or take a report you need to read outside to the park. And save getting a bite of something for after you're done with the task. In a calmer state, with the job behind you, you're likely to make smarter choices, says Kelley.

For those times when only a snack will get you going, or you're authentically hungry and need to refuel, reach for one of the five always-smart picks at right.



DR. OZ ON STRESS EATING

"When we're tense, our bodies think we need food. An evolutionary explanation? Cavemen needed energy to fight a predator, or to run away. We see deadlines as predators!"

The Best Snacks for Procrastin-Eaters



IN-SHELL PISTACHIOS

Shells slow you down. One study showed that whole-pistachio eaters consumed 41% fewer calories than people eating the shelled kind. A 159-calorie serving is 49 pistachios. Go nuts!

serotonin to your brain, which will help you relax when you're anxious about an upcoming task. Munch away: 3 cups have fewer than 100 calories.



BUBBLY SPRITZER

Pure hydration with bubbles, seltzer fills you up. Pour a glass, add a splash of juice (like cranberry or orange), and top it off with a twist of lemon.



MELON CUBES

Watermelon or cantaloupe will nip sweet cravings and give you a hydration boost, which improves concentration.



CRUDITÉS

Veggies like bell pepper, jicama sticks, and snap peas supply a satisfying crunch, says Ilyse Schapiro, R.D. Dip in salsa for low-calorie flavor.



AIR-POPPED POPCORN

Carbs send a surge of happy-making neurotransmitter

SALAD SOLUTIONS

Want more greens in your life, with less shopping, washing, spinning, and chopping? These combos keep the work to a minimum—and take flavor to the max.

Grab It to Go

The Mason Jar Salad is a movable feast.

UP TOP

Put greens here so they don't get crushed.

IN THE MIDDLE

Add sturdy foods like chicken or a boiled egg.

FIRST LAYER

Pick veggies like crunchy cabbage that won't soak up much dressing.

ON THE BOTTOM

Dressing goes in the jar first so it won't make the salad soggy. When you're ready, shake and eat.

Jarred salads can be refrigerated for up to three days.



1

SPINACH, QUINOA & CHICKEN

PREP 6 min SERVES 1

Place the ingredients in a 1-quart mason jar in the following order:

1½ Tbsp **Classic Vinaigrette**, ½ cup shredded **red cabbage**, ½ cup chopped trimmed **sugar snap peas**, ½ cup grated **zucchini**, ½ cup cooked red or white **quinoa**, ½ cup cooked **chicken breast** (about 3 oz), and **baby spinach** to fill jar. Before serving, shake the jar to mix.

Each Serving 395 cal, 16 g fat (3 g saturated), 33 g protein, 30 g carb, 5 g sugar, 6 g fiber, 248 mg sodium, 72 mg cholesterol

For the Classic Vinaigrette and other dressings, see page 91.



ARUGULA

CELERY

CHEESE

CARROT

FARRO

BEETS

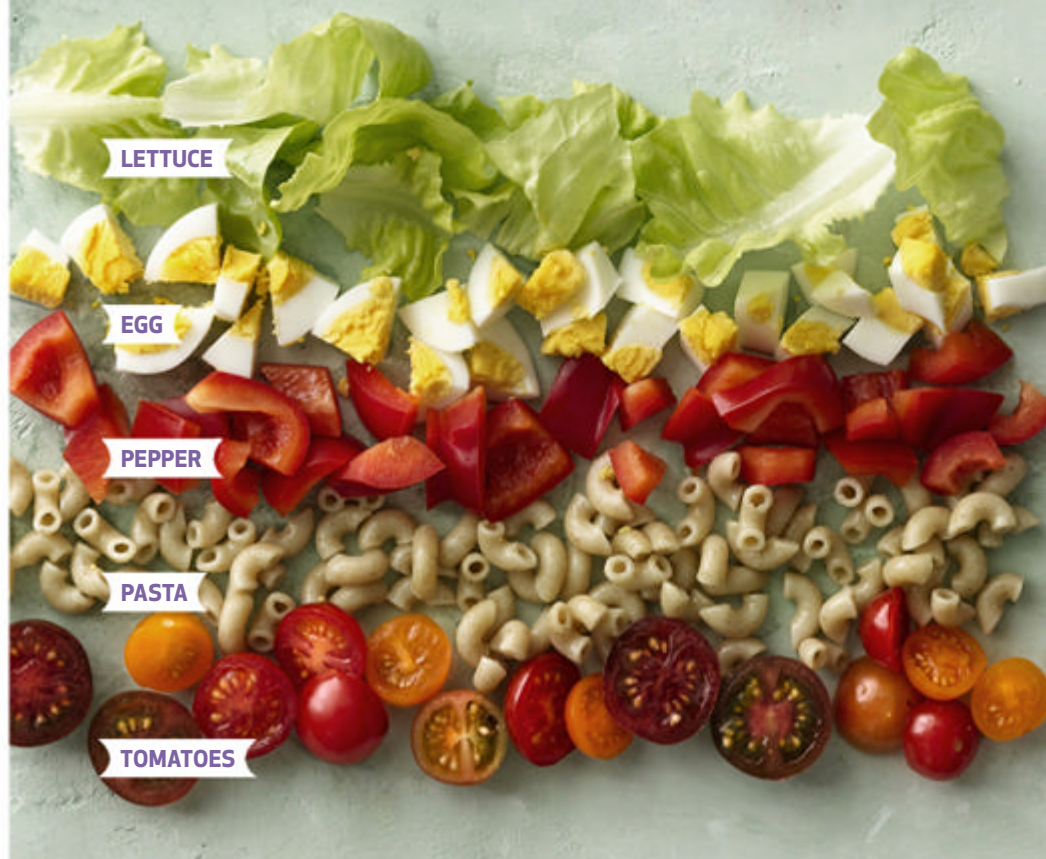
2

ARUGULA, FARRO & GOAT CHEESE

PREP 6 min SERVES 1

Place the ingredients in a 1-quart mason jar in the following order: $1\frac{1}{2}$ Tbsp **Classic Vinaigrette**, $\frac{1}{2}$ cup chopped precooked **beets** (from one 8-oz package), $\frac{1}{2}$ cup cooked **farro**, 1 coarsely grated **carrot**, $\frac{1}{4}$ cup crumbled **goat cheese**, 1 sliced **celery** stalk, and **baby arugula** to fill jar. Before serving, shake the jar to mix.

Each Serving 386 cal, 18 g fat (6 g saturated), 13 g protein, 45 g carb, 11 g sugar, 8 g fiber, 408 mg sodium, 13 mg cholesterol



LETTUCE

EGG

PEPPER

PASTA

TOMATOES

3

PASTA, EGG & TOMATOES

PREP 5 min SERVES 1

Place the ingredients in a 1-quart mason jar in the following order: $1\frac{1}{2}$ Tbsp **Classic Vinaigrette**, $\frac{3}{4}$ cup halved cherry or grape **tomatoes**, $\frac{1}{2}$ cup cooked whole wheat **pasta** elbows, $\frac{1}{2}$ cup chopped **red bell pepper**, 1 peeled and chopped **hard-boiled egg**, and **Boston lettuce** to fill jar. Before serving, shake the jar to mix.

Each Serving 314 cal, 17 g fat (3 g saturated), 13 g protein, 30 g carb, 8 g sugar, 6 g fiber, 200 mg sodium, 187 mg cholesterol

1 Base, 3 Ways

Prep a batch of hardy greens that will keep for days. Then kick up the flavor with easy add-ins.



Kale Base

PREP 7 min SERVES 4

Remove stems and shred leaves of 8 oz **kale**, such as Tuscan (about 2 bunches). Combine in a large bowl with 2 Tbsp **lemon juice**, 2 Tbsp **extra-virgin olive oil**, $\frac{1}{4}$ tsp coarse salt, and $\frac{1}{4}$ tsp pepper. Massage kale with your hands to mix. Store in an airtight container in the refrigerator for up to 5 days.

1

PARMESAN, CELERY & ALMONDS

PREP 10 min
SERVES 4

Mix 4 sliced **celery stalks** and $2\frac{1}{2}$ Tbsp grated **Parmesan** into the **Kale Base**. Sprinkle with $\frac{1}{2}$ cup chopped roasted **almonds** and another $2\frac{1}{2}$ Tbsp Parmesan.

Each Serving 226 cal, 15 g fat (3 g saturated), 10 g protein, 19 g carb, 1 g sugar, 5 g fiber, 456 mg sodium, 6 mg cholesterol



DR. OZ TALKS SALADS

"The amazing thing about salad greens? In addition to supplying key vitamins, they fill you up for very few calories: Most have less than 10 calories a cup!"



2

AVOCADO, CITRUS & NUTS

PREP 12 min
SERVES 4

Mix 1 chopped, pitted, and peeled **avocado**, 2 peeled and sliced **citrus fruits** (such as pink grapefruit and/or oranges), and $\frac{1}{2}$ cup chopped toasted **pecans** into the **Kale Base**.

Each Serving 330 cal, 24 g fat (3 g saturated), 7 g protein, 29 g carb, 9 g sugar, 9 g fiber, 301 mg sodium, 0 mg cholesterol



3

CUCUMBER, TOMATOES & FETA

PREP 10 min
SERVES 4

Mix 1 chopped small seedless **cucumber** and 2 cups halved cherry **tomatoes** into the **Kale Base**. Top salad with 1 cup crumbled **feta**.

Each Serving 211 cal, 13 g fat (5 g saturated), 9 g protein, 18 g carb, 4 g sugar, 4 g fiber, 561 mg sodium, 25 mg cholesterol

No Time to Shop

Who says salads demand only fresh ingredients? Open a jar here and a can there.



* Shake up dressing, fast—see opposite page.

1

ARUGULA WITH CHICKPEAS & ALMONDS

PREP 5 min SERVES 4

Combine one 5-oz clamshell **baby arugula** or other greens (about 4 heaping cups), 1 cup drained and rinsed canned **chickpeas**, $\frac{1}{2}$ cup chopped seedless **cucumber**, $\frac{1}{2}$ cup sliced **dried figs** or other dried fruit, $\frac{1}{4}$ cup sliced toasted **almonds**, and 1 cup crumbled **feta** in a large bowl. Drizzle with 6 Tbsp **Tarragon Vinaigrette** and toss well.

Each Serving 340 cal, 21 g fat (6 g saturated), 11 g protein, 30 g carb, 15 g sugar, 7 g fiber, 497 mg sodium, 25 mg cholesterol



2

SPINACH WITH DRIED APRICOTS & CHEDDAR

PREP 8 min SERVES 4

Combine one 5-oz clamshell **baby spinach** or other greens (about 4 heaping cups); 2 **carrots**, shaved with a peeler; 1 cup shaved **sharp white cheddar**; 8 **dried apricots**, chopped; and 4 tsp roasted, salted **sunflower seeds** in a large bowl. Drizzle with 6 Tbsp **Honey Mustard Vinaigrette** and toss well.

Each Serving 245 cal, 17 g fat (4 g saturated), 6 g protein, 19 g carb, 7 g sugar, 5 g fiber, 286 mg sodium, 15 mg cholesterol



* Classic Vinaigrette PREP 4 min MAKES ABOUT 1 CUP

Combine 1 minced shallot, 3 Tbsp red wine vinegar, 1 Tbsp Dijon mustard, $\frac{1}{2}$ tsp coarse salt, and $\frac{1}{4}$ tsp pepper in a jar. Cover and shake. Add $\frac{1}{2}$ cup extra-virgin olive oil. Cover and shake until emulsified. (Keeps in fridge for 5 days.)

Each Serving 99 cal, 10 g fat (1 g saturated), 0 g protein, 1 g carb, 0 g sugar, 0 g fiber, 124 mg sodium, 0 mg cholesterol

TARRAGON: Add $\frac{1}{2}$ tsp dried tarragon. **HONEY MUSTARD:** Swap 1 Tbsp honey mustard for the Dijon. **LEMON:** Swap 3 Tbsp lemon juice for the vinegar.

3

ROMAINE WITH WHITE BEANS, ROASTED PEPPERS & TUNA

PREP 5 min SERVES 4

Combine 8 cups torn **hearts of Romaine** (about 11 oz), 1 cup drained and rinsed canned **cannellini beans**, $\frac{2}{3}$ cup sliced jarred **roasted red peppers**, $\frac{1}{2}$ cup drained **marinated artichokes**, $\frac{1}{2}$ cup pitted **mixed olives**, and one 5-oz can **olive oil-packed tuna**, drained, in a large bowl. Drizzle with 6 Tbsp **Classic Vinaigrette** or **Lemon Dressing** and toss well.

Each Serving 279 cal, 17 g fat (2 g saturated), 12 g protein, 20 g carb, 3 g sugar, 8 g fiber, 687 mg sodium, 13 mg cholesterol





Food News You Need Now



NEW + GOOD

Go ahead, have a handful

We admit it: When we're looking for something salty to munch on, Brussels sprouts aren't exactly our top pick. But the health-food geniuses at Wonderfully Raw changed that with their super-snackable Brussel Bytes, which taste like a green-veggie version of potato chips. We're hooked on the gingery Tamarind Apple and herby Chili Pumpkin Seed Crunch flavors. (\$6 for a 2-oz bag, wonderfullyraw.com)

KITCHEN ASSISTANT

A crystal-clean pour

Soma's new water filter pitcher is pretty—*really* pretty—and practical, too. It's easy to fill and made with materials you can feel good about, like BPA-free plastic and biodegradable coconut shell. Most important, it catches contaminants in tap water, leaving you with clean and tasty H₂O. You'll be that much more tempted to reach for the original zero-calorie, sugar-free drink. (\$40, drinksoma.com/oz and Target; replacement filter, \$10)



WORTH TRYING

This power spice is heating up

Turmeric has played a starring role in both tasty curries and holistic medicine for ages, with research pointing to the health perks of an antioxidant it contains. Now the peppery spice is going mainstream. You'll see it popping up as the star ingredient in everything from tea to snacks, but bring it to the front row of your spice rack, too. Sprinkle turmeric on eggs, lentils, roasted veggies, and rice.



STUDY BUZZ

Try the live-longer diet

Another reason to switch to a Mediterranean-style diet packed with fruits, vegetables, nuts, legumes, whole grains, seafood, and poultry: It could tack years onto your lifespan, says a study recently published in the *BMJ*. Women who stuck to the healthy meal plan had longer telomeres (the protective caps on the ends of chromosomes), which is associated with longer life expectancy, than women who didn't.

GREEN IDEA

Earth Day eats

Ready to summon your inner Captain Planet? Research shows that even once-a-week vegetarianism can help our environment. (For example, if you skip one burger a week for a year, you'll save as much energy as if you'd hung up half of your loads of laundry instead of using your dryer, says the Environmental Working Group.) For meat-free meal inspiration, check out Anna Jones's debut cookbook, *A Modern Way to Eat*. Her inventive recipes will change the way you see the produce aisle—and after one bite of her asparagus sandwich with Parmesan, avocado, and lemon, you won't miss that burger one bit.



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ILLUSTRATIONS BY SAM KALDA



The Friendship Drought

Americans are steadily, quietly losing their friends, drifting away from each other without even realizing it. **Sandy M. Fernández** found out why, and won her besties back.



**Midlife is when women shed friends.
Tend to yours—you need them!**

LISTENING TO THE RADIO one night about a year ago, I found myself absorbed in the latest findings on social connections. Your friends, science has discovered, are more than the chocolate sprinkles on a satisfying life: They're key to it, affecting everything from your happiness to your risk of developing illnesses like cancer and diabetes to whether you'll catch a cold. (The more sociable among us may catch the fewest, oddly.) Friends actually help you live longer, and that's aside from the usual gal-pal stuff, like picking up your kids in a pinch and talking you through that weird thing with your boss.

All good news, but not, I realized, for me. Sure, in my twenties and thirties, I'd whiled away whole weekends with friends. At 35, I'd walked down the aisle behind five amazing women, several of whom I'd known for decades. But seven years later, I had a sweet husband, a cute 6-year-old, a burbling career...and almost no one who'd gab away a couple of hours. Of my bridesmaids, only one was still close. Too often, Friday would roll around and I'd think, *I should get a drink with*—and then go blank.

If my best friends are dropping out of my life, I thought, I've done something really, really wrong. The loss of one particular bridesmaid—generous, warm, widely beloved—haunted me. After some awkward emails and planning fails, we hadn't talked in years. All that remained was our Facebook connection. Sometimes I clicked through her photos wistfully.

This friendlessness was not something I was eager to broadcast. Nothing good could come of becoming known as the woman with no friends. But nothing healthy could come of *being* that person, either. So I decided to investigate friendship droughts—what causes them, who experiences them—in hopes of fixing mine, and maybe yours too.

It's Not Me, It's Everyone

"Friendships are our only real relationships of choice," says Ohio University communication studies professor Bill Rawlins, Ph.D. He's been studying them for almost 40 years. "Family is family—you're always someone's daughter. Colleagues you have to tolerate. Marriage is a legal or religious bond. But friendship has none of those protections. It rests on how people treat each other."

When it works, it's awesome: In studies, people rate friendships more positively than any other type of relationship, despite their inevitable bumps. In fact, one of their main health benefits is simply bringing you joy. Some research suggests that just *having* a best friend provides women, in particular, with a health boost. And long-term friends are uniquely valuable. "They know your history, so in their eyes you're more than who you are *right now*," says Amy Janan Johnson, Ph.D., a professor of communication at the University of Oklahoma.

No wonder I missed mine. I was comforted to learn, though, that while I was lonely, I wasn't alone. Two major studies found that since 1985, American men and women have cut back by about a third on their confidants, those close pals who share their most important conversations. Twenty years ago, the average person said they had three. By 2011, the average was two.

America, like me, had lost a person. A whole person.

"This is a big, striking social change," says Cornell University assistant sociology professor Matthew E. Brashears, Ph.D., who helped run both studies. "It evokes this image of someone sitting alone in a basement. But really the risk is social poverty: You have people in your life, but too few to provide the support

you'd like. Being in that zone makes your well-being a lot more precarious."

This was exactly what I'd been feeling, despite my band of casual buddies, acquaintances, and 356 Facebook connections. Irene S. Levine, Ph.D., a clinical professor of psychiatry at the NYU Langone Medical Center, says this loss is now typical of women's lives.

"My mother grew up and lived in the same place," says Levine. "Everyone had their kids at the same time. They belonged to the same organizations. Geography and experiences bound them together. But now, you might have your first child at 43, while your best childhood friend had hers at 23. Some women work, some don't. We move more. These are moments of transition, and that's often when you lose friends."

Caught in the Middle

The apex of these stressors is, no surprise, midlife. As our lives get more complex—we're raising kids, maintaining marriages, caring for parents, applying bellows to our careers—our number of pals sinks to a lifetime low. In a 2004 Gallup poll, adults ages 30 to 49 had the fewest close friends of any age group.

"It's ironic, right?" Rawlins asks me. "Friends help you accomplish things—get the new job, go to grad school, get married. Then at the other end, you find yourselves without time for each other."

Uh, yeah: Since my wedding, I'd had a kid, moved cities, changed jobs. Part of the reason I was missing my girls now,



I realized guiltily, was that I finally had time to see them again.

"Often, friends take a backseat because we think, *They'll understand, or They're going through the same thing*," Rawlins says. "But we need to make time."

I can't deny some friendship misdeemeanors: Canceling on dinner at the last minute. Not responding to a friend's fundraising email. Using Facebook as a social signal fire, marking my presence in the distance while not requiring anything else of me. Small cop-outs, but potentially costly ones.

I reached out to Rosemary Blieszner, Ph.D., a professor of human development at Virginia Tech who's surveyed how people keep long-term friends.

"We got very specific answers to that question," she said. "Make sure you're not dominating all the time. Express caring and support—which can mean showing up when friends need help. And if there is a disagreement, take care of it right away. Don't let it get out of hand."

There, then, were my marching orders. A few days later, I went to lunch with three women I'd known since my early twenties—one of them a bridesmaid of mine. Leaving the office felt like fighting a psychological tractor beam pinning me to my desk. But once I settled at the table with these gals, my deadline worries fell

away. Later in the lunch, I told them a bit about my friendship research and even about the bridesmaid who got away.

It felt vulnerable, a little scary, to admit my circle had shrunk. My heart was thumping as I spoke. But each one jumped in with her own friendship anecdote, and lunch ended on such a high that after, I emailed all three saying how much they meant to me. Their responses warmed me for the rest of the day.

Time to Make It Work

After a year focusing on friendship, I was amazed at the difference my reaching out had made. A bridesmaid I hadn't seen in 12 months drove an hour to attend my son's birthday party, then booked a follow-up date, stat. I called another, now in Dubai, and we gabbed for two hours, like the teens we were when we first met. We decided on a monthly Skype date.

But I left my toughest contact for last: the ex-friend I hadn't talked to in years. I'd tried reaching out before and she'd been warm, but nothing more. This time, I messaged saying I'd been researching friendship and thinking of her, because ours had changed so much.

The response came minutes later.

"You aren't going to believe this, but I think of you often and how much I miss you," she wrote. "I wasn't sure why we'd drifted apart. I thought it was something I'd done and you're so busy.... I'd love to see you. We have so much to catch up on."

And so, after five years of silence, that's exactly what we did.

BASIC FRIEND MAINTENANCE

Make plans, and keep them.

Bonds get stronger when you repeatedly spend time together. To avoid scheduling hassles, set up some standing appointments: a monthly book club, a regular lunch date, a weekly phone call.

Honor rituals.

Birthdays, weddings, holidays—do 'em up big, even if you have to juggle work deadlines. Research shows that people remember your being there in these special moments even more sharply than in the everyday ones.

Vary your tech.

You may be a texter, but if your childhood pal prefers the phone, start dialing. "Younger people all use the same technology, but older ones don't," Levine says. This can also fend off misunderstandings over, say, a curt-seeming email.

Socialize 1% more of your week.

This comes to about 1.5 hours of your awake time, long enough for a brunch, a hike, or several calls. Still sound daunting? Break it up into 18 minutes each weekday, and consider it part of your health plan.



This little piggy knows it's healthy to give, save, and spend on experiences.



DON'T COMPARE AND DESPAIR.

Studies show that trying to keep up with the Joneses, or spending to impress anybody, actually, can make you feel depressed and anxious. Instead, cultivate gratitude, suggests Park, author of the forthcoming book *The Abundance Loop*. "It's so easy for us to focus on what we lack that we forget to think, *Wait, what resources do I have? What connections?*" You may feel a whole lot better off from that perspective, she says.

FEEL RICH

(NO MATTER HOW MUCH MONEY YOU HAVE)

When Juliana Park started out as a financial planner 13 years ago, she worked with "regular families who were anxious about having enough money for retirement and for their kids' college," she says. "I thought all they needed was a plan to get them there." But as she took on wealthier clients, she learned that "enough" was an elusive goal. "Some of them had millions—and they were still worried!" says Park, who lives in Oakland, CA. "Then it hit me: Abundance is not a function of net worth. You can feel that millions aren't enough, or you can feel satisfied with much less."

This is territory that social scientists have been exploring: the relationship between money and well-being. Studies suggest that once your household income can take care of your families' basic needs, more won't much affect your day-to-day joy. An analysis of Gallup surveys from around the world, for instance, showed that feeling you have enough money to live the life you want has *three times* the impact on well-being as making an ample income alone. It's *that* feeling you want, for your emotional and physical health. Here, eight ways to get there.



CHOOSE ADVENTURES OVER THINGS.

"People think material purchases offer better value because they last longer than experiences," says Ryan Howell, Ph.D., director of the Personality and Well-Being Lab at San Francisco State University. "But those who spend their money on experiences are happier." At work is what scientists call hedonic adaptation: Luxury sheets, for example, are delightful when you first buy them, but after a while you get used to them—they just become laundry. Experiences, meanwhile, tend to extend our joy. They often involve bonding with other people; they create sweet memories that we can revisit over and over; they become part of our identity. (You may think of yourself as The Woman Who Drove Cross-Country by Herself, for example, but are less likely to define yourself as The Woman with the 400-Thread-Count Sheets.)



SOCK AWAY SOME SECURITY.

Multiple studies agree: Having money in the bank will make you feel happier. Some of the credit, researchers explain, goes to the feeling of control we get when we manage our cash—by budgeting or saving. Your rainy-day fund also protects you by offering a cushion against stress: The Gallup analysis found that eliminating money worries has twice the impact on your overall well-being as actually increasing your income.



FOCUS ON YOUR TAKE-HOME HAPPINESS PAY.

To lead a richer life, prioritize your values and how you want to spend your days over the dollar bills. Our brains tend to lock onto hard numbers—a salary, say—instead of harder-to-quantify qualities like job satisfaction or how much we like our colleagues, studies show. But it's the intangibles, the things that don't show up on your pay stub, that determine how satisfied you'll be day to day.



AVOID THE "DEBT OUCH."

Think you can feel your blood pressure spike every time you open a hefty credit card bill? That's real. An NIH study found that young adults with debt have worse overall health and higher diastolic blood pressure—which can lead to hypertension and stroke—than those without it. At issue wasn't the amount of the debt; owing even a small sum taxes your body if it overwhelms you (one reason, maybe, why another study linked credit card debt to bad health—but "good debt" like your mortgage generally isn't thought to have that negative effect).



BANISH "I CAN'T AFFORD IT" FROM YOUR MONEY TALK.

In a study in the *Journal of Consumer Research*, healthy eaters did better avoiding temptation when they changed their language from a self-depriving *can't* ("I can't have cake") to a self-defining *don't* ("I don't have cake"). With money, the same switcheroo helps you own—and feel better about—your choices. So rather than "I can't buy it," tell yourself, "I'm putting this money elsewhere."



SPREAD THE WEALTH.

Giving money away to others is good for *you*, says research from the University of British Columbia and Harvard University. When people were handed sums from \$5 to \$20 and asked to either keep the cash or spend it on someone else, the givers ended up having a happier day. This "warm glow" of giving is reflected in brain scans: Your reward centers light up when you share your stash.



FIND PLEASURE IN SMALL, GOOD THINGS.

Those shifting priorities that you've always heard come with age? They can do wonders for your financial health. A recent study found that while younger people say their happiest experiences were extraordinary ones—a Hawaiian vacation, a Bob Dylan concert, driving an expensive car—older folks got the same lift from less costly everyday pleasures like a good-morning kiss, a growing garden, and a sunlit back porch. Sounds like a rich life to us.

Are You Type G?

G is for grit. And it's the secret personality ingredient that can help you hit a want-it-bad goal or tough out a rough patch. Read on for exactly how to tap into it, then get inspired by four gritty, against-all-odds stories.

By Caitlin Moscatello

IT OFTEN SEEMS that success is handed to “the lucky ones.” You know, those who’ve been blessed with the right connections, lots of cash, or God-given talent. Wouldn’t it be nice to know that thriving isn’t about any of those advantages, but something you have control over? Something called grit? That’s the message we’re suddenly hearing everywhere, from State of the Union addresses to commencement speeches. Speaking to a graduating class at New York University last May, Janet Yellen, the first woman to head the Federal Reserve, told students that it takes grit—not talent, not off-the-charts intelligence, not even resilience—to win big in life.

Sing it, sister, because research backs her up. Grit is “passion and perseverance for long-term goals,” according to Angela Lee Duckworth, Ph.D., an associate professor and psychology researcher at the University of Pennsylvania. She’s spent years looking at who gets ahead in this world. In fact, she developed an actual Grit Scale. (Want to see how you score? Go to upenn.app.box.com/12itemgrit.) The surprising discovery she made as she tested hundreds of people: Grit trumped talent,

IQ, and physical aptitude as the top predictor of achievement.

“Grit is about saying, ‘I’m not giving up. You will have to knock me dead before I quit,’” says Michael D. Matthews, Ph.D., a professor of engineering psychology at West Point, who co-authored a paper on grit with Duckworth. It’s the quality that turns a little engine that *could* into a little engine that *does*.

You don’t need to chase your goal 24/7; just keep at it. “Grit is sticking with your future not just for a week, not just for a month, but for years, and working really hard to make that future a reality,” says Duckworth in her popular Ted Talk. “Type G” people view obstacles as challenges that can be overcome and bounce back from missteps as many times as it takes.

What if you’re not born “gritty”? Luckily for many of us, you can change that, just as you can, say, build up your vitamin D stores if you’re deficient. “Grit actually gets developed through changes in the brain’s neural structure and function,” says neuropsychologist Rick Hanson, Ph.D., author of *Hardwiring Happiness*. “We develop more grit through having repeated experiences of determination, endurance, resolve, and sheer survival that get woven into the fabric of the brain.”





"Some days, the last thing I wanted to do at 6 A.M. was jump in a cold pool—but then I'd think about my goals and tell myself: I want to win an Olympic medal, and I'm not going to do that by lying in bed."

—DARA TORRES

Grit is... ignoring doubters

DARA TORRES had competed in four Olympics and racked up nine medals when she first started thinking about making a run at the 2008 Summer Games. She was almost 40 years old. Physical strength? She had that in spades, but she had to build up her mental grit to tune out the naysayers. "I think some of the girls [competing for a spot on the U.S. Olympic swim team] were upset that I was still swimming," says Torres, now 47. "I had one girl come up to me in the locker room and announce, 'Because of you, I didn't make the team.' There was some animosity. But anytime someone said, 'She's too old,' or I shouldn't be there, all it did was add fuel to the fire. It made me want to show even more that age is just a number."

"Once I say I'm going to do something, I do it. I trained for six hours a day, and I told myself, I'm going to win a medal. If I hadn't made that my mind-set, I don't think I would have even made the team."

She brought home *three* more medals, becoming the oldest swimmer ever to appear on an Olympic podium and setting a new U.S. record in the 50-meter freestyle. None of that would have happened if she'd gotten distracted along the way, says Torres, who maintains that success is "all about repetition in whatever you do." Her workouts today are more like two hours, but she sticks to them religiously. That's grit maintenance, Torres-style.



What's more, it will likely make you happier. "Grit shouldn't just imply sweat and toil," says Matthews. "It should be enthusiasm and immersion and a sense of flow, an ability to become one with what you are doing and to find that rewarding."

Bottom line: True grit isn't always easy, but it's worth it. Turn the page to "Grow Your Grit," and think of the tough, spirited women in this story—some well-known, some not—the next time you're facing into the wind.

Grow Your Grit

GIVE YOUR GOAL YOUR DAILY ATTENTION

Decide on the hard thing you are going to do (lose weight, make a career switch, whatever), commit to it for a set period of time, and then work toward it most days.

NO GIVING UP WHEN YOU'RE BORED, FRUSTRATED, OR JUST EXHAUSTED

Whenever you feel like quitting, "ask yourself: What do I value? What do I want to accomplish over time? Who do I want to be in the future?" says Stanford University psychologist Carol Dweck, Ph.D., author of the book *Mindset*. Instead of saying, "I can't" or "I won't," step back and refocus on your overall goal and what you need to do to get there.

DON'T BE A GOAL-HOPPER

Gritty people not only finish the tasks at hand, Duckworth has written, they also pursue a specific aim over a period of years. This explains why those high in grit are 35% less likely to job-hop, according to her research. To help you stay focused, find a grit role model. "When you see someone who has achieved your goal and you think, *I could never be like that*, instead think, *How could I be like that?*" says Dweck. "Find out the path they took."



"This is the only type of marriage we've known; we both depend on each other."
—LARISSA MURPHY

Grit is...choosing a richer life over an easy life

FLASH BACK TO SEPTEMBER 2006:

Larissa Whiteley and Ian Murphy, then both 21, had been dating for 10 months and were excitedly looking ahead at their future: They'd be graduating from college in December, and had talked about getting married that spring and starting their lives together.

Then, on his way to work one morning, Ian was in a car accident that left him severely brain injured. For days his doctors didn't know if he would live.

Ian survived, but he couldn't walk, talk, or eat on his own, not to mention bathe or get dressed. "I thought, *How could this possibly be what the rest of our life looks like?*" Larissa says. People would have understood if she had decided she couldn't sign up for this new reality, but that wasn't the choice Larissa made. "Going through that at 21, weighing what my life was going to be either way, I kept going back to this: I didn't want to live my life without Ian, and I'd much rather stay together knowing it's going to be really difficult than be apart."

Four years after the accident they married. "I remember the morning of our wedding, having breakfast with my parents, it hit me: *I am disabled now*. Every decision now is going to be routed through the consequence of Ian being

disabled, and I'm taking that on. It felt so beautiful, because I didn't want Ian to live alone in that, and I didn't want to live alone, and knowing that we were sharing this challenge was incredible." Nine years later, she hasn't regretted her decision to stay together, even once.

But it's required patience that Larissa didn't know she had. Just helping him button his shirt can take five minutes. Ian has difficulty with his vision, so Larissa is, in a very real sense, his eyes. Getting his jacket on or helping him learn to walk—

recently, Ian took his first steps on his own—these all fall to her. "I definitely have times where I think, *When we have kids, will the day-to-day be much harder?* But when I remember we only have to get through 24 hours at a time, it's so much more manageable."

Encouragement from others is Larissa's medicine. "Sometimes if I'm having a bad day, if someone says they're inspired by me, I'm shocked. In my mind I was thinking, *I was a total loser today*," she confesses. Her takeaway: In the really difficult moments, weeks, and months when we're struggling, we're probably all doing a much better job than we think we are.

It hasn't been all struggle. Larissa says her life has also brought her joy, connection, and purpose. "I never felt like, for either of us, it would have been wrong to choose the other fork in the road instead of staying together and getting married. But it's not what we wanted. Ultimately we just chose love: I love Ian so much more now than before we were married. If I'd chosen differently, I would have missed out on spending every day with my best friend."

Larissa and Ian Murphy are the authors of Eight Twenty Eight: When Love Didn't Give Up (B&H Books, 2014).



"My coworker's taunts made me even more determined to lose the weight."
—CHARLI PENN

Grit is...refusing to quit, even on your hardest days

CHARLI PENN, 32, first started struggling with her weight in high school, and by age 25 she was a size 20. Working in the fashion industry, she spent her days surrounded by some size 2 "mean girls," she says. But her health, not just her self-esteem, was at stake, so Penn vowed to exercise and eat better. Step one: Pack nutritious snacks.

"One day I was eating fruit salad at my desk, proud of myself for sticking to my goal, and a coworker stops in her tracks, stands over me, and starts slow clapping," says Penn. "I felt humiliated—I couldn't even speak." She saved her anger for her Wii Fit workout. "While I was doing the cardio kickboxing game, my frustration at people who treated me that way kept me going," she says. "My coworker's taunts made me even more determined to lose the weight."

She lost 50 pounds, a major victory. But the weight gradually crept back on...and on. "I couldn't believe it when I hit 265, the heaviest I'd ever been," says Penn. She refocused on her goal to live a healthier lifestyle. *Again* she cleaned out the fridge. *Again* she made it a point to exercise daily, this time with long walks. She read weight-loss blogs to keep herself motivated, and re-joined Weight Watchers. "I was shaking, walking into that first meeting," she says. "I kept thinking, *How did I get back here? How did I let this happen?* It was my hardest day, but I forced myself into that room and onto that scale."

Penn lost the weight again (getting down to a size 14)—and she's kept it off for well over a year. "I know now that this is my battle," she says. "This isn't a moment in my life, this is my life. It can be hard to see women who don't have to think about what they eat. But I remind myself that this is *my* hardest thing, and we all have one."

Grit is...never taking a pity break

Jennifer Arnold, M.D., star of TLC's *The Little Couple* with her husband, Bill Klein, has been in grit boot camp all her life: She was born with dwarfism, which required dozens of surgeries for bone-growth disorder. She's also dealt with fertility issues and cancer—not to mention prejudices and the everyday challenges of being 3'2" tall. How does a woman survive and flourish through a pile-on of tough events? Like this:

Be open to plan B. It might be better than plan A.

"We tried to have a child via surrogacy before we looked at adoption websites for kids with special needs. Two years later, we found our son, Will. And then, a few months after, we got a call from another adoption agency—they had a little girl for us from India. Four years of trying for a child, and suddenly we had two!"

Focus. You can always freak out later.

"When I found out I had cancer, I went into survival mode. I'd had roughly 30 procedures and surgeries [because of

issues related to dwarfism], so I was no stranger to hospitals. But this time it wasn't just about me: My husband and I had just brought our daughter, Zoey, back from India, and now that I was a mom, I was not letting cancer get in the way of that. I was like, *I don't have time to freak out. What's the next step?* I literally had my first chemo treatment the day I was diagnosed because I was determined to stay healthy for me and my family."

Work around your limitations.

"Physically, certain things are harder for me. It's more work to pick up my kids—Will is three-quarters my weight, and I can still carry Zoey, but not for long. I look at other parents in the park and they can just pick up their kids and remove them from a situation. I can't, so it's important that Will and Zoey know how to listen. Sometimes I need to use a more stern voice. But there are perks to my size too: When I sit down to read or eat with the kids, we are basically eye-to-eye. They think it's kind of cool that I'm little like them!"



"This time it wasn't just about me."
—JEN ARNOLD

14 Finds For Shower Bliss

This is where we daydream, unkink, and get brilliant ideas. Luxe it up, already!

GET WET

Keep your hair out of the way with H₂O-friendly neoprene bands.

Flexx by Emi Jay 3-Pack Hair Ties (\$8, emi-jay.com)

Drop one of these tablets on your shower floor to melt away troubles: They're packed with lavender oil to calm stress.

Aura Cacia Relaxing Lavender Aromatherapy Shower Tablet (\$7, auracacia.com)

The aloe vera in this fresh-smelling, hydrating foam-gel helps soften skin and may support cell growth.

Korres Showergel in Basil Lemon (\$19.50, sephora.com)

A smart multitasker:

The soap bar massages, and the peppermint scent can help make you more alert.

Bliss FatGirl Soap (\$19, sephora.com)

To get your happy on, blast good-mood tunes from your phone through this water-resistant speaker.

Zumreed Bluetooth Drop Speaker (\$60, acgears.com)

This chic organizer lets you reduce shower clutter—or at least curate it.

Bamboo Shower Caddy (\$35, containerstore.com)

Wet hair is fragile, but these pliant rubber bristles detangle gently in the shower.

Tangle Teezer Aqua Splash Styler (\$16, tangleteezer.us)

The antioxidant-packed exfoliating powder starts off dry, but add just a splash of water and it becomes a skin-polishing superhero.

Peter Thomas Roth Camu Camu Brightening Powder Cleanser (\$45, peterthomasroth.com)

GET DRY

The color blue can help us chill out, research shows, so dress your shower in an ocean-hued curtain like this one.

Nate Berkus at Target
Diamond Shower Curtain
(\$25, target.com)

Nothing says spa day like a yummy-smelling, ultralush lotion.

Rituals Touch of Happiness
Sweet Orange & Cedar
Wood Body Cream
(\$25, rituals.com)

This eco-friendly mat brings a warm feel to tile floors, and its water-resistant coating fights off mold and yucky germs.

Bambeco Bamboo
Bath & Sauna Mat
(\$68, bambeco.com)

Your shower will feel more like a zen zone if you squeegee the walls shiny and clean. It's easy with this hangable tool.

Oxo Good Grips Wiper
Blade Squeegee
(\$10, oxo.com)

Showers spark ideas. Keep a pencil and waterproof notebook around to jot down brainstorm.

Rite in the Rain All-Weather
Notebook and Mechanical Pencil
(\$4 and \$11, riteintherain.com)

Lightweight and fast-drying, these towels are inspired by the ones used in Turkish baths.

Serena & Lily Fouta Color Block
Towels in Navy/Chambray
(\$8-\$48, serenaandlily.com)



Mind and Mood Revivers



BOOK SMARTS

Don't fear "no"

Jia Jiang went on a mission to risk rejection for 100 days to get over the sting of being turned down. Jiang's new book, *Rejection Proof*, chronicles his wacky adventures, from asking a top car salesman to give him tips (nope!) to seeing if a Krispy Kreme shop would design an Olympic ring-themed donut (score!). One lesson? When done right, braving rejection can toughen you up and motivate you. After Jiang gave a public speech on a random city street (the scariest risk of the 100 days), he later felt nervy enough to give the same one in front of hundreds of people at a conference. *Gutsy!*

STUDY BUZZ

A healthy reason to be positive

Focusing on the good in life could keep your heart strong. Optimists are twice as likely to be in great cardiovascular shape as pessimists, a new study has found. Upbeat types also have better BMIs, blood sugar, and cholesterol than Eeyore-ish people. So make a point to find silver linings.



HABIT CHANGER

The mental trick that turns a weakness into a strength

If you believe that one of your negative traits, such as a short attention span, is linked to a positive quality, like the ability to multitask, you'll be better at using that quality. Researchers informed study participants that they were "impulsive" based on a personality test. Those who were told impulsivity is linked to creativity came up with way more ideas than those who were told there was no link. So if you think a certain trait is holding you back, find its plus side: Maybe you're shy—but you're also observant and sensitive!

TECH FLASH

Download a dose of happiness

Take a break from texting and Facebook to check out some smartphone apps devoted to lifting your mood. Free ones like Smiling Mind and Happify offer mindfulness tips, guided meditations, and games that switch you from down to up. Our favorite: the Today's Victories exercise on Happify, where you post quick highlights from your day. The practice has been shown to overcome the brain's natural negativity bias. Also, it's fun.



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Getting

→ "ARE YOU SURE YOU WANT TO WEAR THAT?"

↖ "OMG! WHAT HAPPENED TO YOUR HAIR?"

Criticized?

↙ "NOT YOUR BEST WORK."

↗ "YOUR DELIVERY NEEDS HELP."

Embrace It.

↘ "YOU SHOULD HAVE LET ME PARK THE CAR."

SOME OF THE MOST generous, talented, successful people I know have as many critics as they have fans. In fact, they get zinged, called out, and questioned all the time. None of us are immune, and of course razor-sharp comments hurt, but the fact is, criticism can be really valuable. You just need to know the difference between the type that's intended to tear you down and the kind that makes you smarter and more self-aware.

That means taking a few minutes before you react to a critic. Think about the purpose of the remark as well as its content. Ask yourself if the message is designed to help you, or to make you look bad so the other person feels better or gets ahead at your expense. If you can't find any possible good motive, then that's a comment to dismiss.

But if you can find even a glimmer of good intent there, consider whether there's some truth in what you're hearing. Could be someone snipes about your driving because he wants to keep you safe (and he may have a point!). Your coworker might say that you're rushing through a project because she believes in your ability to do higher-quality work. And friends may just want you to relax and enjoy life more if they ask you to quit checking your email while you're at dinner together (by the way, your salmon is getting cold).

When a person on my TV team tells me that I could have done better in the segment we just taped, I remind myself that we're all on the same side, and that this person is trusting that I'll listen to the criticism and improve what we do. If I don't agree with the specifics, I try to learn more. *Why do you think it's not working? How can we change it?*

At home, Lisa will clue me in when my tone is off. The other day, I was stern with my sister about showing up late to a doctor's appointment, and Lisa told me to stop—I was only adding pressure to my sister's already hectic schedule. Lisa wasn't trying to tear me down, but rather help me and my relationship with my sister. (And, Sis, if you're reading this, I'm sorry! It was one of my bossy-brother moments.)

If you're really thrown off and can't find valid feedback in all the noise, ask people you trust for their honest opinion. Just be ready to hear them say yes, you could improve. Being happy and successful in your life doesn't mean never getting criticized. It means accepting that you will be, rolling with what comes at you, and growing stronger over time.

"It helps to learn the difference between the criticism that tears you down and the type that makes you smarter."

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